



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

PROGRAM

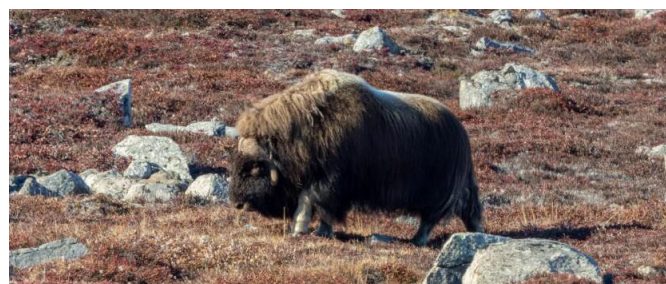
Chapter Speaker: James Thompson

Chapter member James Thompson will present an account of his September 2024 cruise through Scoresby Sound on the east coast of Greenland. This small ship expedition featured a visit to the isolated village of Ittoqqort omiit Greenland, views of the Northern Lights, hikes through the tundra, Zodiac rides through iceberg-laden waters, and encounters with native fauna including musk ox, arctic hare, arctic fox, and a pod of narwhals.

Thursday, September 18, 2025

7pm

Saratoga Springs Public Library



James Thompson grew up in Ithaca and attended school in Philadelphia (Swarthmore College), Albany (SUNY), and Syracuse (Syracuse University). He worked in city and county government in Rochester/Monroe County before moving to Chicago where he taught public administration at the University of Illinois – Chicago for 25 years prior to his retirement in 2021. He and his wife Pam now live in Saratoga Springs.

PROGRAM

Glens Falls-Saratoga Chapter of the ADK Annual Dinner and Business Meeting



Join us for a special evening with Adirondack photographer, filmmaker, and author Jonathan Zaharek, who will be sharing a powerful presentation about the legacy of the 46ers: A Century in the High Peaks. This immersive talk will explore the beauty, challenge, and lasting legacy of the Adirondack High Peaks—featuring stunning imagery, behind-the-scenes stories, and reflections from Jonathan’s personal journey of hiking and photographing these mountains over the last decade.

Jonathan is the author of *Hiking the Adirondack 46 High Peaks*. With over 5,000 miles hiked in the High Peaks Wilderness and ten full rounds of the 46 completed, he is widely recognized for his powerful storytelling, deep-rooted connection to the land, and commitment to conservation through education. His work has been featured in many galleries, regional publications, and across digital platforms, where he continues to inspire a new generation of hikers and wilderness stewards.

Friday, October 17, 2025

**Cocktail Hour: 6pm
Dinner & Program: 7pm**

Holiday Inn Lake George
2223 Canada Street,
Lake George, NY 12845

Invitation with registration details including dinner choices and payment information to follow on the chapter website, adk-gfs.org, and in the September to November 2025 newsletter.



If you have your last Chepontuc Newsletter handy you can read in the last issue I talked about the weather... maybe that is something I do every issue? Anyway, I mentioned the “Adirondack Spring” finally arriving and providing us “warmth and sunshine”. (No, I was not dreaming or taking psychedelic mushrooms like the three hikers who recently got rescued off Cascade Mountain thanks to an on the ball ADK Summit Steward!) That sunny warm spring arrived for about 2 seconds and then continued to send us extended rainy, cloudy weather for days and weeks.

Why do I mention this? Well to encourage everyone to get out there regardless of the weather. Sometimes inclement weather makes it hard to motivate ourselves and get out. But I promise you there are pleasures to be found in the rainy woods....the smells are delicious, the birds often are very happy and singing their songs because the worms are plentiful and last, but not least, the waterfalls are running big time. My favorite is the Gore Mt / Schaefer Trail Waterfalls that just go on endlessly. It is only a short hike from the parking lot if you want to see the falls. So when its rainy and grey – get out there anyway, maybe choose a different trail or shorter route. But you won’t regret it.

On another note – I want to thank all the volunteers who recently showed up (on a rainy day of course) to help with our annual spring Trail Work Day on Tongue Mountain Range. Thanks to Steve Mackey and Tom Ellis for coordinating. Also those member volunteers who helped staff our information table at the Annual Wilton Wildlife Festival and Annual Raptor Fest.

Happy hiking, paddling and cycling!
- Kim Brown

John Brook Lodge Centennial

A CENTURY OF TALES, TRAILS, AND TOGETHERNESS

2025 marks the 100th year since Johns Brook Lodge (JBL) was opened to the public. Since 1925, JBL has offered hikers a unique backcountry lodging experience in the heart of the Adirondacks.

Accessible only by foot and set 3.5 miles from the road, JBL is a gateway to the High Peaks. For 100 years, it has been an oasis for novice hikers making their first ventures into the mountains and for experienced hikers looking for a basecamp where they can also rest and recharge.

JBL is a junction where friends, families, and generations of travelers connect through outdoor recreation, community meals, and volunteer projects. It's a testament to conservation and stewardship, helping reduce the environmental impact of backcountry hiking and inspiring visitors to become land stewards themselves.

Throughout the year, we'll be sharing stories and experiences from JBL volunteers, visitors, and staff past and present, as we explore the many different ways in which the lodge has connected people, both to the land and to each other.



FIRE TOWER UPDATE

Effective May 5, 2025, 12:00 PM, Gore Mountain Fire Tower returns to the Adirondack Mountain Club Fire Tower Challenge now that the Gore Mountain ski season has ended. Remember - climbing each tower is not required. To register your climbs and to submit your finisher documents, click [HERE](#). As always, any questions or comments regarding the challenge should be sent to firetower@adk-gfs.org.

Happy hiking,
The Adirondack Mountain Club
Fire Tower Challenge Committee.

Your Chapter Needs You

IMMEDIATE OPENINGS FOR VOLUNTEERS

At the annual October meeting, chapter officers are elected to serve the chapter for the following fiscal year. Please keep in mind that there are no prerequisites required for any of the positions, only the willingness to serve as a leader of the chapter. We have a vacancy for the following position:

Trustee: A Trustee serves both the Club and the Chapter. A Trustee shall represent the Chapter on the Club Advisory Council (AC), serve as an elected member of the Chapter Executive Committee (EC) and perform all other duties assigned under the Club Bylaws and Chapter Constitution and Bylaws. Become familiar with the Club Advisory Council Charter. Become familiar with the Chapter Constitution and Bylaws. Attend monthly Chapter EC meetings and Advisory Council meetings (at least four (4) times per year). Both of these meetings are currently being conducted either in person or virtually. Advise Chapter Chair and EC on all Club matters that may affect the Chapter. Report on AC meetings to the EC. Submit Chapter input on Club issues. File written reports on AC and club activities for the Chapter newsletter. If a Trustee cannot attend an AC meeting, the Chapter Chair shall be notified well in advance of the meeting. It is the responsibility of the Trustee to make the pre-meeting package available to the Alternate Trustee who will be expected to attend in place of the Trustee. The trustees are elected to serve for a one-year term and shall not serve for more than three successive annual terms. Trustees should endeavor to serve on one or more Club committees. The Trustee is a voting member of the Chapter Executive Committee.

Nominations are due by August 1, 2025. Nominations and officer biographies will be published in the September – November newsletter.

Please contact me directly with any questions or nominations. Thank you in advance for considering volunteering for the position listed above.

- Pat Desbiens, Chair, Glens Falls/Saratoga Chapter Nominating Committee
pdesbien@nycap.rr.com

Get Your Bear-proof Canisters



These bear-proof canisters are required in the High Peaks and are essential to use on any backcountry overnight adventure. Designed to slip into your backpack. Get your food packed at home so you're ready to hit the trail.

Rental Rates (We have the best rental price!):
1-3 nights \$5.00 | 4-7 nights \$10.00
8.8 inch dia. x 12 inches long, weight 2.7 lbs

Email trails@adk-gfs.org to reserve your canister rental. Rentals are available exclusively for ADK Glens Falls-Saratoga Chapter members. Pick up and drop location is Saratoga Springs.

VOLUNTEERS NEEDED

LEND A HELPING HAND AT UPCOMING NATUREFEST

SATURDAY, SEPTEMBER 13, 2025

The Membership Committee will have an information booth at the annual NatureFest on Saturday September 13, 2025, at the Moreau Lake State Park located at 605 Old Saratoga Road, Gansevoort, NY. NatureFest is hosted by the Friends of Moreau Lake State Park. It is a free event for the community (no park entrance charge on September 13, 2025). It takes place at the beach house, nature center and picnic area at the park. NatureFest is an interactive, educational and fun event for the whole family. We could use volunteers between 11:00 am and 3:30 pm to provide general ADK Club information to members of the public attending NatureFest.

If you can work a few hours, please email membership@adk-gfs.org.



Hear a story, tell a story at
ADKVOICES.ORG



ADK FIRE TOWER CHALLENGE

Fire Tower Challenge 2.0 is up and running. Please go to: <https://members.adk.org/members/members/get-involved/adk-fire-tower-challenge.aspx> to submit your completion form and payment online. If you have any questions please contact the FireTower Challenge committee at firetower@adk-gfs.org.

Congratulations to the most recent finishers of the Adirondack Mountain Club Fire Tower Challenge:

Maxwell Bondgren
Thomas Hinchliff
Stephen Daniels
Molly Hinchliff
Emily Dyer
James Steeves
Francis Farge



Now in our fourth year, your Glens Falls-Saratoga ADK Chapter's Buck Mountain-Pilot Knob Trailhead Steward Program is looking for volunteers for the Fall 2025 season - September and October.

Q: What's a Buck Mountain-Pilot Knob trailhead steward?

A: We can be found at the Buck Mountain-Pilot Knob trailhead parking lot on May to October weekends engaging hikers in safety (10 hiking essentials for every backpack-every hike) and stewardship (Leave No Trace Principles) conversation.

Q: I've never done this before. Is there training?

A: Yes! There is virtual training led by ADK staff. New trailhead stewards will be partnered with experienced stewards.

Q: My time is limited. What's the schedule?

A: Scheduling is very steward-friendly. Any amount of time you can give us we greatly appreciate it. We are targeting weekends from 8:30 to 12:30. Stewards can select any and all shifts that fit their schedules, even if it's just one or two shifts. Anything you can give us is terrific.

Q: Okay, I'm interested. How can I get more information or to sign up?

A: For more information, send us an email: trails@adk-gfs.org.

Research informs us that hiker education at trailheads and summits is the most impactful tool we have to protect backcountry resources and to grow a stewardship mindset among public land recreators. We hope you will consider joining us on this vital mission.



ADK Advocacy

The ADK has a robust advocacy effort at the club level. The Club actively supports the state budget process and legislation as it relates to the club's mission. You can check out current club activity by going to the main club level website: adk.org. For a list of NYS bills that are currently under consideration, go to:

- Conservation
- Advocacy
- Take Action Now

Several bills have recently been receiving significant interest:

S7164 Which relates to ATV use under certain circumstances for persons with mobility issues. The club opposes this bill.

S6976 Which establishes a road salt reduction council to support state goals. The club supports this bill.

S4403 Which addresses an issue that is holding up certain state land acquisitions because of a title insurance requirement. The club supports this bill.

Club members are encouraged to become informed about these and other legislation and contact their representatives.

WEBMASTER VOLUNTEER NEEDED

"Volunteer Webmaster needed for our ADK GF-Saratoga website. Our webmaster is looking to retire after many years of service and is willing and able to mentor someone new. If you are looking to volunteer and want something flexible that doesn't require hiking, outdoor activity this is for you!"

Contact George at webmaster@adk-gfs.org.

Webmaster Overview

The Webmaster maintains the Chapter web site www.adk-gfs.org with information about the Chapter and its activities.

The information is gathered from other committee chairs and members, edited into HTML, tested on a local web site and then uploaded to a web hosting service.

Information maintained on the website includes:

- News and information about activities of interest to Club members
- Calendar of events, outings schedule and trip reviews
- Photo gallery of pictures taken on Chapter hikes, paddles and events
- Links to the ADK.ORG parent web site

The Webmaster also maintains the application and database used by trip leaders to enter trip descriptions and reviews. This application generates the HTML for the web site and is sent to the Newsletter Editor for inclusion in the newsletter.

HIKE RATINGS

Rating	Effort Level	Elevation Gain (ft.)	Miles	Time (hrs.)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	5-10	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	8-10	5-7
C+	Fairly Easy	1,000+	5-8	4-6
C	Easy	Under 1,000	Under 5	Under 5

CANOE/KAYAK RATINGS

Rating	Miles	Portages
A*	12+	Long (1/2 mile+)
B	6-12	Short
C	Under 6	None
* includes overnight camping		

OUTINGS

INTRO TO BIKEPACKING/BIKE TOURING (OVERNIGHT) **Bike**

Sat, Jul 5, 2025, time TBD, Rating: B+ Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com

This will be an overnight trip in which participants will carry all they need for an overnight camp on their bikes. The length of the riding each day will be limited. The emphasis will be on "dialing in" a bike touring setup that can be used in the future. Specifics will depend on participants' experience and comfort level, but potential destinations include Moreau State Park campground, Dacy Clearing, or the Essex Chain. A well-maintained bike with wider tires will work best, but we will work with whatever you have. It's possible to borrow bags, racks, etc., so don't let not having that equipment dissuade you! Typical overnight gear you would use for backpacking works well. A helmet is required.

WEEKDAY HIGH PEAKS **Hike**

Tue, Jul 8, 2025, time TBD, Rating: A+ Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

I'm going to try leading a few weekday high peaks hikes. I've listed the hike for Tuesday, but I will change the day to Wednesday or even Thursday if the weather looks better, with a decision to be made on Sunday or Monday before. Weekdays give us the chance to hike from The Garden or the Ausable Mountain Reserve parking lot. I'm open to suggestions for where to hike. Email me if you might want to come along. Meet at the park and ride at the north end of Media Drive near Northway Exit 18 or at the trailhead. Meeting time will be early, but will depend on the day's hike.

LAKE PLACID BIKE TRAIL **Bike**

Sat, Jul 19, 2025, 8:00 am, Rating: B Steve Mackey - 518-338-8173, smackey33@verizon.net

We'll meet at Panera Bread in Queensbury. We'll begin riding in Saranac Lake, ride the part opened last year to Floodwood Road, and then turn around and ride back. It's basically flat, and around 30 miles round trip. We've ridden this a couple of times, and it is a fabulous bike trail. It passes about a dozen bodies of water, including a causeway on Lake Colby. There is a Stewart's where we start, so I'm sure we will stop for a treat at the end.

CYCLE TO DONNELLY'S ICE CREAM

Bike Sat, Jul 19, 2025, time TBD, Rating: A, Jen Ferriss - 000-000-0000, ferrissj@gmail.com

Join me for a ride on the ADK Rail Trail to Donnelly's Ice Cream and back. It will be approximately 35 miles round trip with 1,300 feet of elevation gain. Riders should be able to maintain a 12 mph pace and be comfortable riding on roads with traffic. Expect the ride to be most of the day so we can enjoy the scenery and our ice cream cones. Inclement weather will cancel the trip, perhaps to be rescheduled in August.

SOUTHERN ADIRONDACKS / LAKE GEORGE REGION **Hike**

Sat, Jul 26, 2025, time TBD, Rating: B Kim Brown - 908-305-8357, kim137@me.com

Geared for those new to hiking and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet

WHITEFACE FROM LAKE PLACID

Hike Sat, Aug 2, 2025, 6:00 am, Rating: A+ Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

The path less travelled to Whiteface, this is a favorite summer hike. After walking past quiet Connery Pond, we'll get to Whiteface Landing on Lake Placid in time for a snack on the floating dock. Will the dock still be tilted, or will they have finally fixed it? The real ascent begins once we reach the Whiteface Ledge. The views will appear as we approach the summit before our final climb up the open, rocky south face of the mountain to find all the people who drove up crowding the top. Our lunch spot will be a quieter place below the summit. The best part is a swim off the dock on the way back, so bring your swim suit and hope for warm but not too hot weather. Round trip distance is 12.4 miles with 3,232 feet of elevation change. Meet at the park and ride at the north end of Media Drive near Northway Exit 18. Sign up is only by email to the leader.

SOUTHERN ADIRONDACKS / LAKE GEORGE REGION **Hike**

Sat, Aug 9, 2025, time TBD, Rating: B Kim Brown - 908-305-8357, kim137@me.com

Geared for those new to hiking and

ADK Saratoga-Glens Falls Chapter Committee Officers and Chairs

EXECUTIVE COMMITTEE OFFICERS

Chapter Chair Kim Brown
908-305-8357 | chapterchair@adk-gfs.org

First Vice Chair Laura Fiske
vicechair@adk-gfs.org

2nd Vice Chair Jess Krause
vicechair@adk-gfs.org

Secretary John Caffry
518-798-0624 | secretary@adk-gfs.org

Treasurer Steve Mackey
518-793-6484 | treasurer@adk-gfs.org

Past Chapter Chair Brian Coville
518-350-4117 | pastchair@adk-gfs.org

Trustee Maureen Coutant
Alternate Trustee: Liz Rovers

Members at Large Thomas Khairallah
Jeff Mans
Kathi Noble

COMMITTEE CHAIRS

Conservation Paul Dietershagen
401-529-5034 | conservation@adk-gfs.org

Education Vacant
908-305-8357 | education@adk-gfs.org

Hospitality Gretchen Steen
518-638-6139 | hospitality@adk-gfs.org

Membership Liz Rovers
membership@adk-gfs.org

Newsletter Editor Vacant
newsletter@adk-gfs.org

Outings Wayne Richter
518-893-7895 | outings@adk-gfs.org

Programs Anne Paolano
518-798-3055 | programs@adk-gfs.org

Trails Tom Ellis
518-638-6139 | trails@adk-gfs.org
Co-Chair Jim Schneider

Website George Sammons
518-832-7437 | webmaster@adk-gfs.org

Young Members Vacant
ymg@adk-gfs.org

Fire Tower Tim Noble
518-668-3046 | firetower@adk-gfs.org

Annual Dinner Anne Paolano
518-798-3055 | annualdinner@adk-gfs.org

Publicity Vacant
publicity@adk-gfs.org

Banff Film Festival Mo Coutant
banff@adk-gfs.org

Get social
Instagram: [@adkglensfallssaratoga](https://www.instagram.com/adkglensfallssaratoga)
Facebook: [facebook.com/adkgfs](https://www.facebook.com/adkgfs) or
[facebook.com/SaratogaYMG](https://www.facebook.com/SaratogaYMG)

Learn more: adk-gfs.org

those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet.

BEAR SLIDES Hike & Bike

Sun, Aug 10, 2025, 10:00 am, Rating: C Steve Mackey - 518-338-8173, smackey33@verizon.net
A few of us are scheduling activities where if you complete 8 of them you can complete the Gateway 8 Challenge. If you come along and bicycle, you can complete 2 of the challenges today. We will meet at the Luzerne Market and bicycle to the bear slides trailhead, and then hike the last mile to the actual bear slides. I've been there several times and they are very unique. The official bike route is 16.3 miles and has a few hills. If you don't care about the challenge, you can just bike back along the river and skip the hills. The hike part is very easy and is about 2 miles with minimal elevation gain. If you don't want to do the bike part, you are welcome to join us just for the hike. It will probably take us about an hour to bicycle there, so figure 11:00 AM. The last part of the road to the trailhead is dirt. I'll be riding my mountain bike, but you probably

are okay with any bike as long as the tires aren't too skinny.

NORTHUMBERLAND RIDE Bike

Tue, Aug 12, 2025, 5:00 pm, Rating: B+, Jen Ferriss - 000-000-0000, ferrissj@gmail.com

I enjoy riding the back roads of Northumberland and am happy to see that this ride is part of the Gateway 8. Join me after my work day for a 20 mile ride followed by an ice cream dinner at Dairy Haus (vegan flavors available). Plan on an average pace between 12-15 mph. Space is limited. Please email to sign up for the ride. Inclement weather cancels.

HARRISBURG LAKE Bike

Fri, Aug 15, 2025, 5:00 pm, Rating: C+ Steve Mackey - 518-338-8173, smackey33@verizon.net

This is another one of the Gateway Challenge activities. The ride is 21.3 miles. We will meet at the big park in Stony Creek and ride to Harrisburg Lake and then ride the same route back. It is all uphill there, and obviously all downhill back. The climb isn't real steep, but it is long. The road has very little traffic so it is nice and quiet and scenic. Somehow I want to combine dinner with it. Possibly the Harris Lake Lodge or the Stony Creek Inn. I'll make a few calls before we go. Worst case,

we can have a little BBQ at the lodge with our own food, and buy drinks.

LONG LAKE CAMP, HIKE TO COLD RIVER AND MILLER'S FALLS

Boat/Camp/Hike

Fri, Aug 22, 2025, time TBD, Rating: A+ Jeff Mans - 518-265-4135, adkhighlander@aol.com

Long Lake boat trip from NYS Long Lake public boat launch to Plumley Point or other campsite/lean-to on Long Lake where we'll camp overnight (Friday 8/22), and hike the next day (Saturday 8/23) on the Northville-Lake Placid Trail to Cold River/Miller's Falls and the Seward lean-to where we'll camp overnight and swim, and next day (Sunday 8/24) hike back to Plumley Point, cruise Long Lake by boat, and return to the Long Lake public boat launch. Bring a life preserver if you have one; if not, one will be provided upon request. Trip is limited in size due to boat ride, and do not overpack so we don't overload the boat. Must be able to swim. Must have backpacking/camping gear and experience. Meet-up location likely to be Schroon Lake Tops at 10:00 am, but exact location and time TBD depending on participants. Rain cancels.

OUTINGS & PROGRAM CALENDAR

Date	Day	Type	Destination	Leader(s)	Rating
JULY 2025					
5	Sat	Bike	Intro to Bikepacking/Bike Touring (Overnight)	Andrew Meunier	B+
8	Tue	Hike	Weekday High Peaks Hike	Wayne Richter	A+
19	Sat	Bike	Lake Placid Bike Trail	Steve Mackey	B
19	Sat	Bike	Cycle to Donnelly's Ice Cream	Jen Ferriss	A
26	Sat	Hike	Southern Adirondacks/Lake George Region	Kim Brown	B
AUGUST 2025					
2	Sat	Hike	Whiteface from Lake Placid	Wayne Richter	A+
9	Sat	Hike	Southern Adirondacks/Lake George Region	Kim Brown	B
10	Sun	Bike	Bear Slides Hike & Bike	Steve Mackey	C
12	Tue	Bike	Northumberland Ride	Jen Ferriss	B+
15	Fri	Bike	Harrisburg Lake Bike	Steve Mackey	C+
22	Fri	Camp/Hike	Long Lake Camp, Hike to Cold River and Miller's Falls	Jeff Mans	A+
23	Sat	Hike	Southern Adirondacks/Lake George Region	Kim Brown	B
SEPTEMBER 2025					
3	Wed	Meeting	Executive Committee Meeting	Kim Brown	NR
6	Sat	Hike	Southern Adirondacks/Lake George Region	Kim Brown	B
18	Thu	Program	Dutcher Community Room	Anne Paolano	NR
			Saratoga Springs Public Library ,49 Henry Street. NY 12866		
20	Sat	Hike	Southern Adirondacks/Lake George Region	Kim Brown	B
26	Fri	Camp/Hike	Elk Lake-Marcy trail to Panther Gorge, Haystack,	Jeff Mans	A++
			Marcy and Skylight [2 nights, 3 days]		

OUTINGS

SOUTHERN ADIRONDACKS / LAKE GEORGE REGION **Hike**

Sat, Aug 23, 2025, time TBD, Rating: B
Kim Brown - 908-305-8357,
kim137@me.com

Geared for those new to hiking and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet.

EXECUTIVE COMMITTEE MEETING

Wed, Sep 3, 2025, 7:00 pm, Rating: NR
Kim Brown - 908-305-8357,
kim137@me.com

The meeting will be a virtual meeting via Zoom. All chapter members are welcome at the meeting. Please email chapterchair@adk-gfs.org for the Zoom information if you would like to attend. The Zoom link will also be provided to the Executive Committee in the meeting agenda.

SOUTHERN ADIRONDACKS / LAKE GEORGE REGION **Hike**

Sat, Sep 6, 2025, time TBD, Rating: B
Kim Brown - 908-305-8357,
kim137@me.com

Geared for those new to hiking and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet.

DUTCHER, ROOM SARATOGA SPRINGS PUBLIC LIBRARY, 49 HENRY STREET. NY 12866 **Program**

Thu, Sep 18, 2025, 7:00 pm, Rating: NR,
Anne Paolano - 518-744-6359, pro-grams@adk-gfs.org

Chapter member James Thompson will present an account of his September 2024 cruise through Scoresby Sound on the east coast of Greenland. This small ship expedition featured a visit to the isolated village of Ittoqqortoormiit Greenland, views of the Northern Lights, hikes through the tundra, Zodiac rides through iceberg-laden waters, and encounters with native fauna including musk ox, arctic hare, arctic fox, and a pod of narwhals. James Thompson grew up in Ithaca and attended school in Philadelphia (Swarthmore College), Albany (SUNY), and Syracuse (Syracuse University). He worked in city and county government in Rochester/ Monroe County before moving to Chica-

All are welcome!

UPCOMING EXECUTIVE COMMITTEE MEETINGS

- Wednesday, September 3, 2025, 7pm, Kim Brown: 908-305-8357, kim137@me.com

This meeting will be virtual, via Zoom. All chapter members are welcome. Please email chapterchair@adk-gfs.org for the Zoom information if you would like to attend.

go where he taught public administration at the University of Illinois - Chicago for 25 years prior to his retirement in 2021. He and his wife Pam now live in Saratoga Springs.

SOUTHERN ADIRONDACKS / LAKE GEORGE REGION **Hike**

Sat, Sep 20, 2025, time TBD, Rating: B
Kim Brown - 908-305-8357,
kim137@me.com

Geared for those new to hiking and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet

ELK LAKE-MARCY TRAIL TO PANTHER GORGE, HAYSTACK, MARCY AND SKYLIGHT [2 NIGHTS, 3 DAYS] **Camp/Hike**

Fri, Sep 26, 2025, time TBD, Rating: A++, Jeff Mans - 518-265-4135, adkhighlander@aol.com

Two night backpacking trip. Starting Friday morning, September 26th, from the Elk Lake parking area, we'll hike the Elk Lake-Marcy trail to Panther Gorge to set up camp for 2 nights, and return Sunday morning, September 28th. Day 1: about 9 miles to Panther Gorge and set-up camp. Day 2: loop hike of about 8 miles to Haystack, Marcy and Skylight. Day 3: break camp and return to Elk Lake parking area and civilization. Day 2 will be the loop hike to Haystack, Marcy, Lake Tear of the Clouds and Skylight, and involves some very steep trails, open rock and ledges, and several thousand feet of climbing and descent. And no, we will not be climbing Gray. The trip requires appropriate tent,

overnight equipment, meals and supplies, including a bear-resistant canister. Traditional rocks for Skylight's summit encouraged, but not required. Panther and alien encounters unlikely, and not to be believed in any event. A good book helps at night. Bad weather cancels. On Friday morning we'll meet at the Schroon Lake Tops parking lot at 8:30 AM, and carpool to the Elk Lake Marcy trailhead parking lot since parking there can be scarce.

New Members

JULY - SEPTEMBER

We welcome the following new members in the Glens Falls-Saratoga Chapter of ADK. Thank you for becoming an ADK member and choosing our chapter. ADK has a new computer platform for memberships. If you have any concerns about your membership please contact Liz Rovers: membership@adk-gfs.org.

Matthew Armenio Family
Kristine Gray Family
Mark I. Cartwright Family
Shannon Gray & Chris Konik Family
Charys A. Wright
Mr. Kelly Monroe, Esq.
Ms. Lisa Tarantino
Mrs. Kelly Pratt
Marcus Trigonis
Michael Joseph Konrad
Leo Rigby
Greg Jansky
Hannah Dukerschein

Southern Adirondacks / Lake George Region

Sat, Apr 5, 2025, Kim Brown

The forecast for the day was cloudy and rainy and the timing on the rain was all over the place! So I picked a shorter hike again, and one which did not have a big stream crossing. The hike chosen was the Schuman's Preserve at Pilot Knob, aka The Gazebo & then Waterfalls. It started with a cloudy morning and low 40s. Several folks had not been on this hike, so that is always fun. We went up the switchbacked trail to the gazebo. On the way up, there were no spring flowers or skunk cabbage yet.... but not much mud either, so we did not complain! At the gazebo we took a short snack break before heading out to the waterfall. It was flowing nicely from all the rain and we were able to cross easily to continue the loop up to over the top. At the top it started raining just a bit, so we put on rain gear and pack covers. This proved to be a good chance for some of us to try out our new rain gear. We came down the loop to the main trail and continued down to our cars. Luck was with us, as the rain started to get heavier just when getting back to the parking lot. On the way back we collected some garbage and did a bit of trail clean up. It was a nice to get out, if even for a short time during this April stretch of unsettled weather. We did 4.7 miles with about 1,500 feet of elevation gain. **Eight participants included our hike leader Kim Brown, John D, Jim M, Ed C, Peggy C, Virginia T, Johnny C, and Sarah R.**

Stillwater Locks Area Hike

Sat, Apr 12, 2025, Rich Crammond

What a day for an ADK outing - a mixed bag of tricks. Snowflakes the size of plums, hand warmers for cold fingers, and extra layers of gear for the cold, damp weather. It was still good to be out there in nature for a while. Highlights of this outing were viewing hooded mergansers, Canada geese, mallard ducks, and one "super sighting" of an osprey and its nest. Many arrowheads have also been found not too far from the Stillwater Lock 4 area. Didn't get no better I guess; I still enjoyed it. **Participants: Rich Crammond, Debbie Crammond.**

Southern Adirondacks/Lake George Region

Sat, Apr 19, 2025, Kim Brown

With mud season in full swing the decision was to hike Moxham. Moxham would have not too much mud, and no dicy stream crossings. The rain was expected but the timing on the rain was variable. We ended up having a good size group anyway. Off we went up the trail with some moderate to light rain. By the time we hit the summit, the winds had kicked in with heavier rain, so we ate a quick lunch in the woods right below the summit. Views were very cloudy but still pretty. Back to the cars and everyone was glad they came even with the weather. Some of the group had never done Moxham and we had some folks new to the What's Up Saturday outings. Even with the weather, everyone agreed it was nice to be out and see old friends, as well as meet new ones! **12 participants including hike leader Kim Brown, Sophia F, Laura F, Charlene S, Lori M, John A, Alan C, Jon T, Virginia T, Jamie S, Mary B and Jeff S with his very well behaved pup Lou.**

Trail Work - Tongue Mountain Range

Sat, Apr 26, 2025, Steve Mackey

Rain was predicted for this hike, so we lost most of the people that were interested. Kim and Mo had a sign up sheet at Banff and the Saratoga Expo, so if everyone that signed up, showed up, we might have had around 20/25. That is actually too many, so in reality it worked out about right. I've found that in general, if it's not pouring out, working in intermittent light rain is no big deal.

We ended up with 6 people, all trailwork veterans. We leave from the Deer Leap trailhead, walk the ridge line south, and then descend the trail to Clay Meadows. It's around 7.5 miles, fairly rugged, and hard, especially carrying tools. There is also an amazing amount of uphill, especially when you think you are starting at the top of Tongue Mountain. The first quarter mile has a stream running down it. Ideally I'd love to do a reroute, but I doubt we'll ever get permission. We built several water bars, but you're limited where you can divert the water to. Somehow Mo and Karen got drawn in by the "playing with the water" syndrome and were never seen again. The funny part is that the main tool you want for water diversion is a shovel, and the group heading up the mountain had both of the shovels. I didn't get to see their work yet, but I'm picturing a mini Erie Canal. The rest of us soldiered on, and took a lunch break at 5 Mile Mountain. Bill and Tom both headed back after lunch. Jim and I continued. About every 15 minutes, we would come across something that needed work. The whole team cleared about 25 trees and did about 20 ditches or water bar clean outs. Just before we were going to start downhill, it started to rain hard. We discovered about 6 big oak trees that fell across the trail. We cleared all the branches, but decided we would head back later this week with a bigger, better chainsaw. It was good getting back to the trailhead and seeing the car. It was around 6:30 and too late to get our Stewart's milkshake reward (it would ruin your appetite for dinner). Thanks everyone for your hardwork, you're the best. **Participants: Mo and Jim C., Karen P., Tom E., Bill O., and Steve M.**

Southern Adirondack Hike

Sun, Apr 27, 2025, Chandra Geremick

Life gets busy and that's exactly why I'm happy for local hikes. We met at Potash Mountain at 10:00 AM and had plenty of parking. We were very fortunate to have Albany Chapter member Rob Lewis join as co-lead. Rob is working towards becoming a trip leader for Albany. He was very helpful! The conversation and company were really pleasant, and trillium was blooming in perfection. It was windy and a bit cooler than expected, but we still enjoyed a nice break and had lunch. **Participants were as follows: Rob L., Jim & Ann W., Joe B., Bill S., Johnny C., Linda F., Tracy C., and Karen M.**

Hopkins Mountain via Mossey Cascade Brook

Mon, Apr 28, 2025, Jeff Mans

- Leaving the East Branch of the Ausable River in St. Huberts, the Mossy Cascade Trail leads through gently rolling woodlands to the Mossy Cascade Brook, where we were greeted by a whispering cascade of falling water. Following the brook, we started to gain elevation as Keene Flatts in the valley opened below, and its familial mountains rose above. Nearing the final pitch up Hopkins, the final remnants of winter's presence lingered in white patches of snowfall bravely holding on against the inevitable tide of spring and returning adventurers. The expansive rock summit on Hopkins provided astounding views of the Ausable Valley, shouldered by the lower Great Range, Noonmark, Colvin, and the Dix Range, where we let our scales shine in the sun above, and the sky below, for all the water and earth to know. Finding no other takers, curiosity finally drew the leader on a short drop and jump over to Spread Eagle Mountain; while it lacked the wide open views like its neighbor, it harbored several rocky outcrop viewpoints blanketed with pale grey Cladonia. Always a delightful hike on a nice day with good company. **Participants: Jeff Mans (leader), Mary Burdick, John Dziark, Charlene Shafer and Justina Danison.**

Hudson Crossing

Sat, May 10, 2025, Rich Crammond

A rainy start to this short hike, but a dry finish. The Hudson River was really high, flowing fast, and brown as mud. Rain gear sure came in handy. Nice to hike along with a hiking bud from the past. We didn't see much wildlife, but did see a metal eagle and turtle along the way; impressive works of art. We did learn some local history on the Hudson Valley Trolley that went through this area years ago. Thanks to Liz for showing up on this rainy morning. Didn't get no better. **Participants: Liz Gee, Rich Crammond.**

Mother's Day Morning Cycle

Sun, May 11, 2025, Jen Ferriss

We traveled from Lock 5 in Schuylerville to Lock 4 in Stillwater taking in the bucolic scenery of River Road. We opted to do an out and back instead of the intended loop on Route 4 because the road was less traveled by cars and the views were outstanding. Some of us caught a glimpse of turtles resting on a log and an eagle flying overhead. **Thank you Neal V, Bill S and Sophia F for a wonderful start to Mother's Day.**

Workout Wednesday: Gateway 8 Challenge: Corinth Reservoir to Redmond's Overlook

Wed, May 14, 2025, Chandra Geremick and Anne & Jim Waring

We met in Corinth and drove down the road to the trailhead. All were happy to get out mid week. There was a little rain shower that greeted us but politely ended as we got to the trail. Ann and Jim know the trails well and showed us some interesting old ruins. The largest bunch of trillium we had ever seen was blooming inside an old foundation. It must have been just the right conditions! Lots of happy chit-chatting made the hike very pleasant, although it was warm. Looking forward to the next Gateway 8 hike in June. **Participants as follows: Ann W., Jim W., Sophia F., Doug F., Pete F., Anthony S.**

Lake George Bike Trail Ride

Fri, May 16, 2025, Steve Mackey

It looked like it was just going to be Licia and me, but late in the afternoon, Neal sent a message that he would like to come. Neal had already biked from Lake George, and had left his car there, so we were only together one way. The weather was good and the pizza was good, so it was just a nice ride and a nice way to get a little exercise. We had plenty of daylight, so we didn't need lights at all. **Participants: Steve & Licia Mackey, and Neal Van Dorsten.**

Southern Adirondacks / Lake George Region

Sat, May 17, 2025, Kim Brown

The original plan was to hike two small firetowers - Mt. Arab in Tupper Lake and Buck Mountain near Long Lake. Of course the forecast called for rain and possibly storms, so we were watching the weather all week. The day before it looked like storms were coming in the afternoon, but the day of they switched to early am (while we would be driving). So my small group of participants agreed to go with the idea we would evaluate the weather as we got closer and then decide what to do. We started with Mt. Arab and had light drizzle/rain. Yes, the bugs were out, so we all

had our bug nets on. We made it to the top easily and met the very nice firetower steward Caleb, who would be working there all summer. He was happy to have some visitors. Mt. Arab has a wonderful summit, a cabin open with historical information, and a lovely bench to sit on and look out. We didn't dally because of the weather, but made our way down to the car as the storms started to come in. The decision was made to save the other tower for another day and instead find a local diner. We did find a place open where we enjoyed our food and visiting with each other. The hail and hard rain came down on our drive back to our meeting place in Warrensburg. Still a fun day. **Hike included hike leader Kim Brown with participants Anthony B, Mary D, and Matt G.**

Vermont Wildflower Hike

Sat, May 17, 2025, Chandra Geremick and Pete Fedorick

This was canceled due to a thunder storm.

Rathbun's Maple Sugar House

Sun, May 18, 2025, Steve Mackey

One minute it looked like we were going to hit our maximum number of participants, and when it was all said and done there were only 4 riders and 2 that met us at the restaurant. The weather looked like possible rain, so that was one of the major factors. It did spit rain a little, and about the last mile on the way back it started to rain hard. It wasn't enough that I had to change my clothes, but if we were out in it much longer, we would have gotten real wet. I think I've done this ride 3 times where it rained a little and so far it has always been on the way home, and not that bad. We saw a great blue heron on the Champlain Canal, and we saw some turkey vultures eating some road kill on the drive there. Neal's wife Edna and friend Jim met us at the restaurant. Even if you never do this ride, you should visit Rathbun's sometime. They are open weekends year round. They have an excellent breakfast, and obviously real maple syrup. This is a really nice ride on rural roads, but there are some big uphill. It's definitely nice on an ebike. I'll probably lead it again next year, or in the fall. **Participants: Steve M., Neal VD, Rich & Barb Z.**

Hadley Mountain

Sat, May 24, 2025, Steve Mackey

We had a good turnout and got a lot done. Like every other day this spring, there was a chance of rain, but we basically just had a few sprinkles. Also the bugs were a non-factor. I think we cleaned pretty much every single water bar, and actually made a couple of new ones. Most of them were working okay, but making them a little better is usually a good idea. We also opened the observers cabin. The summit steward is due to start pretty soon, so the cabin is all ready to go. We made a couple of new rock steps on the ridge line. It was kind of a big deal, because we didn't have any rock bars (big heavy steel bars, about 5 feet long), and we usually don't have time for extras like that. The good news is that they will be used as long as the trail exists. Thanks everyone for all the help. **Participants: Doug, Uriki, Laura, Linda, Glenn, Steve, and Mike.**



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