



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



LEFT: BOBOLINK SINGING RIGHT: SHORT-EARED OWL

Get a glimpse into the Grassland Bird Trust

SUN. 7PM, WEDNESDAY, MAY 21, 2025 SARATOGA SPRINGS PUBLIC LIBRARY DUTCHER ROOM

Join us to hear about the wonderful Grassland Bird Trust. Have you ever been in a grassland at dusk with the Adirondack Mountains in the background and watched ten or more Short-eared Owls fluttering like butterflies about 20 feet over your head? If not, you've missed something truly wonderful. Grassland Bird Trust (GBT) is a 501(c)(3) land trust conserving critical habitat for endangered, threatened and at-risk grassland birds. GBT's mission is to protect and conserve critical and vanishing grassland habitat for endangered, threatened, and rapidly declining grassland birds in the 102,000 acre Washington County Grasslands. NYS grassland birds include the State Endangered Short-eared Owl, the State Threatened Northern Harrier, American Kestrel, Eastern Meadowlark and Bobolink. Altogether there are 11 grassland bird species at risk in NYS. GBT is a stop on the NYS Birding Trail, a statewide map of birding H 5.21.25

THE hot spots. GBT's 2.6-mile trail winds through the grasslands and along the Dead Creek, offering spectacular views from all directions. With a little luck, you'll see increasingly rare grassland birds. On Dead Creek, beavers have built dams and created a wetland area. So, you may see them or the muskrats and the bird species that have the wetlands as their habitat. It is a wonderful walk, appropriate for all ages, with eight benches strategically positioned along the way for maximum viewing enjoyment. The benches are conducive to a technique called 'slow birding'. It involves relaxing for a bit letting the birds come to you and then not just getting a glimpse of them but observing their behaviors. Speakers include Samantha Carouso Peck who holds a Ph.D. from Cornell University studying the behavior, learning, and communication of birds, and Keith Swensen who is currently ViceChair of GBT, having served on the board for 6 years.

PROGRAM



Save the Date: Chapter Social

COMMON ROOTS BEER GARDEN,
JUNE 12TH, 5:30PM - 8:30PM
SOUTH GLEN FALLS

Join us at Common Roots in South Glens Falls for a Chapter Social! Come meet others interested in the outdoors and have a drink or something to eat. We can answer any questions that you might have or just hang out and chat! Hope you can join us outside in the beer garden behind the original building. Thursday, June 12th 5:30-8pm. PS: You do not need to be a chapter or ADK member to join us! Common Roots - 58 Saratoga Ave, South Glens Falls, NY 12803.



Hopefully by the time you read this “Mud Season” is almost over and our “Adirondack Spring” is finally here providing warmth and sunshine.

I am happy to report that in March our chapter sponsored enrollment for six young people for summer camps. These camps (such as Camp Colby, Pack Forest) focus on educating our young people on the environment as well as how to safely enjoy the outdoors. I can't think of a better way of using our funds!

Also this past March we had our annual table at Saratoga Expo. Attending Saratoga Expo helps us support our community by providing information about what we do

and how to get involved. Many folks are looking for ways to enjoy the outdoors or give back, but don't know how to get started. By having this visibility we are able to inform as well as enroll new people who want to volunteer for trail work and trailhead stewarding at Buck Mountain. Thank you to all our volunteers who worked the event.

Here is to working together so that we can keep the trails better than we found them! Thank you for your continued membership and support!

- Kim Brown

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. Trustees are elected for up to two (2) consecutive two (3) year terms unless there is a shorter term to fill a vacancy. 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.

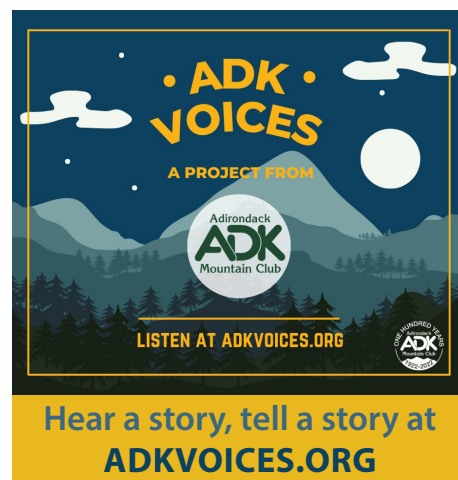
- Pat Desbiens, Chair, Glens Falls/Saratoga Chapter Nominating Committee
pdesbien@nycap.rr.com

New Members

JANUARY - MARCH

ADK has a new computer platform for memberships. If you have any concerns about your membership please contact Liz Rovers: membership@adk-gfs.org.

Susan Taylor & Ben Nathan Family
Fred Pieper Family
Hope & Nathan Meyers Family
Stephanie and Isak Leo Family
Rhonda Kliegl Family
Nancy & Walter Quillinan Family
Lara Brunelle & Colin Buckhurst Family
Peter & Wendy Voorhis Family
Arden Henderson &
Christina Kaidas Family
Macklyn & Rowan Britt-Gaeta Family
Jacqueline & Steve Thibodeau Family
Mr. Jason Leshinsky
Thomas Kimball
Nicole Kula
Sharon Steadman
Nathan Whitney
Thomas Miller
Paddy Kelly
Mark Mason
Collin Borzell
Sebastian Marra
Chris Bemis
Herbert M. Loeffler, Jr
Isabelle Dickens
Nancy Jess
Brenden Rillahan
Morgan Tucker
Danielle Sass
Margo Nelson
R. Scott Miller
Gerry Fogarty
Greg Meyers





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 Fire Tower Challenge committee at firetower@adk-gfs.org.

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

Sean Kittle
Bradley Benjamin
Danile Reynods
Kaitlyn Supa
Deborah Rachon
Jennifer Berman
Laura Schneider
Henry Long

Congratulations to the following hikers who have completed the Winter Fire Tower Challenge:

Alexander Gallinelli
Varda LeMonds
John Stack
Carla Denn
Matthew Kielmeier
Allyson Brown
Christine Reilly
Dylan Waters

Tick Talk

BY JIM SCHNEIDER



<https://appalachiantrail.org/explore/plan-and-prepare/hiking-basics/safety/ticks/>

The Upstate Tick Testing Laboratory of SUNY Upstate Medical University tracks the emergence of ticks and tick-borne agents. According to their TickMap, in Warren County 45% of ticks submitted for testing were positive for at least one pathogen. Saratoga County came in at 38%. Lyme, Anaplasmosis, Babesiosis, and other tick bite illness are vector-borne. That means the lifecycle of the culprit, the blacklegged tick, needs a host - chipmunks, squirrels, rabbits, deer, etc.

Okay, now that you are totally bummed and ready to hide under your bed, here's hope. Anecdotes, data, and research provide solutions as we await medical-industrial complex vaccine efficacy.

Solution #1: Permethrin spray. Permethrin is a synthetic compound found naturally in chrysanthemums. It acts as a tick repellent and quick kill. EPA considers permethrin safe when used according to directions. Use only on clothing, gear, and never on bare skin. Apply in a well-ventilated area and allow drying. Reapply to clothing after 6-7 washings. Air-drying prevents premature molecular breakdown. Several companies manufacture EPA-registered insect repellent clothing using permethrin. Note: Keep permethrin away from cats.



Solution #2: 30% deet spray. Use this as a repellent on bare skin. Reapply frequently if swimming or sweating.

The usual precautions apply if you so choose - long pants tucked into your socks, long-sleeved shirt, wearing white. However, a shower and thorough all-body tick check after all outdoor adventures is mandatory. Learn how to remove an embedded tick.

The Appalachian Trail Conservancy, stewards of the famed Appalachian Trail, has a legacy program called "Ridge Runners" similar in mission to our summit steward and trailhead steward programs. As the entire trail is tick territory, tick-borne illness have been a constant health care problem for the folks employed as Ridge Runners. Since they began using permethrin and low-dose deet several years ago, tick-borne illnesses are no longer an issue.

Be smart, be informed, and be safe. Get outside. Lobby your elected government representatives for tick-borne illness research and prevention funding.

For accurate and authoritative information:

<https://nyticks.org/>
<https://www.hopkinslyme.org/>
https://www.youtube.com/watch?v=wtM8FKb8wjQ&ab_channel=AppalachianTrailConservancy

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.

OUTINGS

HILLVIEW FREE LIBRARY, DIAMOND POINT **Program**

Thu, May 1, 2025, 5:30 pm, Rating: NR
Kim Brown - 908-305-8357,
kim137@me.com

Learn more about hiking the Adirondacks in Spring & Summer! Celebrate May Day with me and learn how you can explore the many trails of this great region safely, while having fun too! I will also talk about our local chapter of the Adirondack Mountain Club and how you can get involved! 3717 Lake Shore Drive, Diamond Point, NY 12824

EXECUTIVE COMMITTEE MEETING

Wed, May 7, 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.

HUDSON CROSSING **Hike**

Sat, May 10, 2025, 9:00 am, Rating: C
Rich Crammond - 518-584-2380

Just a neat little outing by the Hudson River with around two miles of hiking up to Eagle Point and back. Meeting place is the Hudson Crossing dead end parking lot north of Lock 5, Schuylerville. Drive across the locks to the parking area. See you there, hiker buds.

MOTHER'S DAY MORNING CYCLE **Bike**

Sun, May 11, 2025, time TBD, Rating: B+
Jen Ferriss, ferrissj@gmail.com

Let's get out for a morning ride on Mother's Day. Route will be in the Saratoga/Glens Falls area on rural roads. Cyclists should be able to ride between 12-15 mph and plan on a 25 mile route. I will make sure we have a place to rest and refuel 1/2 way and be home in time for lunch.

LAKE GEORGE **Bike**

Fri, May 16, 2025, 5:00 pm, Rating: C+
Steve Mackey - 518-338-8173,
smackey33@verizon.net

We'll meet at the parking area for the Glens Falls/Lake George Bike Trail off of Country Club Road. We'll bicycle to Lake George and have pizza at one of the pizza places in Lake George and then bicycle back. It would be good to have a light or at least a head lamp. It is around 16 miles round trip. Some hills, but not too bad. The bike trail is paved, so any kind of bike will work.

SOUTHERN ADIRONDACKS / LAKE GEORGE REGION **Hike**

Sat, May 17, 2025, time TBD, Rating: B
Kim Brown - 908-305-8357,
kim137@me.com

What's Up Saturday? 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.

RATHBUN'S MAPLE SUGAR HOUSE

Bike Sun, May 18, 2025, 8:30 am,
Rating: B, Steve Mackey - 518-338-8173,
smackey33@verizon.net

I've done this trip many times, so I have all the details down pat. We leave from the little park right next to the Champlain Canal in Fort Ann. When you come to the main traffic light in Fort Ann heading east, you go straight through the light and the park is just down the hill on the left. The trip is about 11ish miles each way. When we get to Rathbun's, we will obviously have breakfast/brunch. I'm going to limit it to 10, so we don't overwhelm the restaurant. There are a few big hills. The roads are all rural and scenic. It's also okay to just show up at the restaurant without riding, especially if your spouse wants to come, or you only want to ride one way. (We won't count the other person(s) towards the ten limit).

VERMONT WILDFLOWER HIKE **Hike**

Sun, May 18, 2025, time TBD, Rating: B
Chandra Geremick - 518-424-0679,
cgeremick@gmail.com

Colead: Pete Fedorick
Bromley Mountain via the Long Trail. Plan on a lovely day of flower hunting. Roughly 5.7 miles with 1,420 feet of elevation gain. This is a beautiful time of year to watch the earth bloom!

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

Wed, May 21, 2025, 7:00 pm, Rating: NR
Anne Paolano - 518-744-6359,
programs@adk-gfs.org

Join us to hear about the wonderful Grassland Bird Trust: Have you ever been in a grassland at dusk with the Adirondack Mountains in the background and watched ten or more Short-Eared Owls fluttering like butterflies about 20 feet over your head? If not, you've missed something truly wonderful. Grassland Bird Trust (GBT) is a 501(c)(3) land trust conserving critical habitat for endangered, threatened and at

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: Vacant

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
Facebook: facebook.com/adkgfs or
facebook.com/SaratogaYMG

Learn more: adk-gfs.org

OUTINGS & PROGRAM CALENDAR

Date	Day	Type	Destination	Leader(s)	Rating
MAY 2025					
1	Thu	Program	Hillview Free Library, Diamond Point	Kim Brown	NR
7	Wed	Meeting	Executive Committee Meeting	Kim Brown	NR
10	Sat	Hike	Hudson Crossing	Rich Crammond	C
11	Sun	Bike	Mother's Day Morning Cycle	Jen Ferriss	B+
16	Fri	Bike	Lake George	Steve Mackey	C+
17	Sat	Hike	Southern Adirondacks / Lake George Region	Kim Brown	B
18	Sun	Bike	Rathbun's Maple Sugar House	Steve Mackey	B
18	Sun	Hike	Vermont Wildflower Hike	Chandra Geremick, Pete Fedorick	B
21	Wed	Program	Dutcher Community Room Saratoga Springs Public Library 49 Henry Street NY 12866	Anne Paolano	NR
24	Sat	Trail Work	Hadley Mountain	Steve Mackey	C+
31	Sat	Hike	Southern Adirondacks / Lake George Region	Kim Brown	B
JUNE 2025					
4	Wed	Meeting	Executive Committee Meeting	Kim Brown	NR
7	Sat	Bike	Brant Lake Loop	Andrew Meunier	B
12	Thu	Other	Common Roots Beer Garden, South Glens Falls	Kim Brown	NR
22	Sun	Hike	Rooster Comb Hike	Chandra Geremick	B
JULY 2025					
5	Sat	Bike	Intro to Bikepacking/Bike Touring (Overnight)	Andrew Meunier	B+
19	Sat	Bike	Lake Placid Bike Trail	Steve Mackey	B
19	Sat	Bike	Cycle to Donnelly's Ice Cream	Jen Ferriss	A

OUTINGS

risk grassland birds. GBT's mission is to protect and conserve critical and vanishing grassland habitat for endangered, threatened, and rapidly declining grassland birds in the 102,000 acre Washington County Grasslands. NYS grassland birds include the State Endangered Short-eared Owl, the State Threatened Northern Harrier, American Kestrels, Eastern Meadowlarks and Bobolinks. Altogether there are 11 grassland bird species at risk in NYS. GBT is a stop on the NYS Birding Trail, a state wide map of birding hot spots. GBT's 2.6-mile trail winds through the grasslands and along the Dead Creek, offering spectacular views from all directions. With a little luck, you'll see increasingly rare grassland birds. On Dead Creek, beavers have built dams and created a wetland area. So, you may see them or the muskrats and the bird species that have the wetlands as their habitat. It is a wonderful walk, appropriate for all ages, with eight benches strategically positioned along the way for maximum viewing enjoyment. The benches are conducive to a technique called 'slow birding'. It involves relaxing for a bit letting the birds come to you and then not just getting a glimpse of them but observing their behaviors. Speakers include Samantha Carouso Peck who holds a Ph.D. from

Cornell University studying the behavior, learning, and communication of birds. And Keith Swensen who is currently Vice-Chair of GBT, having served on the board for 6 years.

HADLEY MOUNTAIN Trail Work
Sat, May 24, 2025, 8:30 am, Rating: C+
Steve Mackey - 518-338-8173,
smackey33@verizon.net

I joined the Hadley Mountain Fire Tower Committee a few years ago, and lead a trail work day in the spring and fall. We will be clearing any blowdown, cleaning the water bars, and opening up the Observers Cabin. I have a key to the cabin, so you can check out where the observer and his family used to live. Sometime this spring, we will be installing a panorama in the fire tower, so you might be one of the first ones to see it. We will meet at the Hadley Trailhead. If you just want to hike up Hadley, you are also welcome to come along.

SOUTHERN ADIRONDACKS / LAKE GEORGE REGION Hike
Sat, May 31, 2025, time TBD, Rating: B
Kim Brown - 908-305-8357,
kim137@me.com

What's Up Saturday? 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. Details on hikes come out via group email the Mon/Tues prior to the event.

EXECUTIVE COMMITTEE MEETING
Wed, Jun 4, 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.

BRANT LAKE LOOP Hike
Sat, Jun 7, 2025, time TBD, Rating: B
Andrew Meunier - 518-376-2470,
andrew.m.meunier@gmail.com

This 26-mile bike ride will take us past Brant Lake and Schroon Lake. We'll plan on a few breaks, including a snack stop at the Adirondack General Store in Adirondack. All bike types are welcome (including

OUTINGS

e-bikes!). To allow for a more cohesive and safe group, riders will need to be able to maintain a minimum 12-15 mph pace over rolling terrain. A well-maintained bike and helmet are required.

COMMON ROOTS BEAR GARDEN, SOUTH GLENS FALLS **Other**

Thu, Jun 12, 2025, 5:30 pm, Rating: NR
Kim Brown - 908-305-8357,
kim137@me.com

Join us at Common Roots in South Glens Falls for a Chapter Social! Come meet others interested in the outdoors and have a drink or something to eat. We can answer any questions that you might have or just hang out and chat! Hope you can join us outside in the beer garden behind the original building. Thursday, June 12th 5:30-8pm. PS: You do not need to be a chapter or ADK member to join us! Common Roots - 58 Saratoga Ave, South Glens Falls, NY 12803.

ROOSTER COMB HIKE **Hike**

Sun, Jun 22, 2025, time TBD, Rating: B
Chandra Geremick - 518-424-0679,
cgeremick@gmail.com

Rooster Comb is a pure delight and a great mountain to get in shape for bigger hikes. It is roughly 4.5 miles with 1,729 feet of elevation gain. I do have to limit the number going on this trip because parking can be tricky. We will plan on carpooling. I will send out a gear list as we get closer.

All are welcome!

UPCOMING EXECUTIVE COMMITTEE MEETINGS

- Wednesday, May 7, 2025, 7pm
 - Wednesday, June 4, 2025, 7pm
- Kim Brown: 908-305-8357,
kim137@me.com

These meetings will be virtual, via Zoom. All chapter members are welcome. Please email chapter-chair@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.

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.

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, 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.

TRIP REVIEWS

FILM 500 Days In The Wild

Fri, Feb 7, 2025, Chandra Geremick

This was a great film. If you get a chance to see it, go for it. We made a weekend of it and went cross country skiing at the Cascade Welcome Center, then hit Ampersand the next day. The movie was wedged between adventures to make it very enjoyable! Participants as follows: Anthony S and Joe B.

Southern Adirondacks / Lake George Region

Sat, Feb 8, 2025, Kim Brown

Snowshoe yippee! Pretty good conditions for our hike up to Moreau's Hudson River lookouts on Western Ridge. Weather was cloudy and some sun. Temperatures were in 20's with very little wind. We departed the Lake Bonita trailhead for snowshoeing to Lake Ann Trail past the lean-to. Several folks were trying out new snowshoes so we stopped for occasional adjustments, but everyone did very well. After the lean-to, we made our way to intersect the Western Ridge Trail. Recently that intersection from Lake Ann Trail to go down the ravine and then up to the Overlooks was changed, basically keeping you up on the Ridge Trail through the woods to the Overlooks. We made it to the Overlooks for a short lunch and then went back the way we came. The forest in Moreau is very beautiful in the winter with the snow, so everyone had a great day. Thanks to the cookie lady

for bringing cookies! 10 in all - Participants included hike leader Kim Brown, Alan C, Virginia T, Anne V, Don B, Mary B, Cathy A, Johnny C, Laura F, and Jim G. Hike was about 6.5 miles with ~ 600 feet of elevation gain.

Saddleback from the Garden.

Sun, Mar 9, 2025, Jeff Mans

In typical Adirondack fashion, the weather bore no resemblance to the forecast, except for a teaser on the way out as we were treated to some partly sunny blue skies with a few white fluffy clouds showcasing Roostercomb, the Wolf Jaws, and Bennie's Brook Slide across the Johns Brook Valley. Instead, as soon as we climbed out of the valley, we were hounded by some light flurries and the typical strong winter gusts up on Saddleback's summit ridge, only moderated by the fairly mild temperatures in the mid-teens. Undaunted, our experienced group composed of a 46er, winter 46er, and newly minted 46er, got to experience the sheer joy that comes with a good, late winter climb, in the Great Range with a well-balanced and good group for company. There's a lot to like about Jack Frost's creations along the upper Johns Brook Valley as you're crossing the suspension bridge and following the Ore Bed Trail along the Brook, and start to climb along the slide that points towards Gothics and Saddleback. Although shrouded in a misty veil, Gothics' and Pyramid's massive slides made their presence

Chepotunc Footnotes, May - July 2025

TRIP REVIEWS

well known as we gained elevation climbing the steep slopes of Saddleback, and finally over to the true summit on Saddleback, where we struggled to stand against the headwinds of fortune as we perched on the outcrop that stood against the abyss before Basin Mountain, declaring victory by celebrating a new 46er, and the culmination of his remarkable journey worthy of a new chapter in one of my favorite books about Adirondack adventures and misadventures: *At The Mercy of the Mountains*. After a few photos, a bite to eat, and the sharing of stories, a sprinkling of wisdom, much nonsense and a few laughs, it was time to leave Saddleback until the next time. Snowshoes for two, but only crampons for you know who. Participants: Jeff "Old" Mans (leader), John Acacia (the Rock), and Jon Politis (the Ranger and new 46er).

Adirondack Hike/Snow Shoe

Sun, Mar 16, 2025, Chandra Geremick and Anthony Szmul

There was yet another postponement due to rain and thunder. This hike took place on 3/15/25. We met at the Champlain Canal Region Gateway Visitors Center in Schuylerville, then drove an hour to the Redgate parking lot for the Equinox trailhead in Manchester. It was a pretty drive on a gorgeous day. Since we ended up with all experienced hikers, we decided that we would hike to the summit, rather than only to the junction. This was no small task. The mountain does not let up. It is steep and the deep, melting snow made it that much more challenging. It was a good thing we were all prepared! After much huffing and puffing, we made it to the top. It was sunny and gave us a spectacular view! We were able to enjoy a picnic table lunch. The company was wonderful and the conversation was lighthearted and fun. Who doesn't love Anthony's dad jokes? :) The hike down was focused and a bit technical as we did our best not to sink into the melting snow. It was very clear that this was the last day we would get to traverse this before it turned to complete mush. Once we made it down we decided that we had earned some ice cream at Stewarts down the road. I think it was a successful trip and all had a nice time and a great work out! Participants were as follows: Johnny C., Mike F., Joe B., Anthony S., Kimberly L., Paul G., Jennifer F.

Boreas Mountain from The Branch on Blue Ridge Road

Sat, Mar 22, 2025, Jeff Mans and Anna Gomez Domenech

We were pleasantly surprised by bluebird skies for most of our climb to Boreas, but reminded on our way out that the forecasted snow flurries and rain had not left for Palm Beach. As fortune was smiling

down on us, the snow had frozen overnight, and our snowshoes and sunglasses performed admirably. There's a lot to like about the freeze/thaw cycles that allowed us to stay on top of several feet of snow as we climbed up to the final mile to the summit, especially on a trail that doesn't really see any snowshoe traffic during the winter. Up on the summit of Boreas, the clouds began to stream across the Great Range towards the Dix Range and into the Elk Lake basin, but didn't diminish the awe-inspiring, panoramic views. A great day for everyone, and what fun we had. Participants: Jeff Mans (leader), Anna Gomez Domenech (co-leader), George Nisbet, Patrick Fourspring, and Mary Burdick. "Oh, that I could catch the shadows of thoughts and feelings that flit over me. There is an atmosphere of beauty around my spirit, that fills me with a thousand sweet but vague visions. There is something I would grasp and retain, but cannot - would speak, but have not the power to utter it. The soul is powerless to act and, dizzy and drunk with beauty, reels in its fullness." (J. T. Headley, *The Adirondack* [1849])

Southern Adirondacks / Lake George Region

Sat, Mar 22, 2025, Kim Brown

Since trail conditions around the Southern Lake George region were very mixed, I decided to do two nearby trails that had good drainage, no stream crossings and likely not much mud for this time of year. First stop - Thomas Mountain in Bolton from Valley Road Trailhead. We carried spikes and put them on at the first intersection, found the first part of the second section very dry, but then some ice nearer the top half. We stopped for quick snack, pictures and the view. We got in our cars and did the short drive over to The Pinnacle trailhead to hike there. We did not need any spikes the entire way. The trail was pretty dry. After reaching the top we had a leisurely lunch and enjoyed the wonderful expansive views. Several in our group had never been to either summit. On the way down we saw a dead white snow hare on the side of the trail. He was all intact so the cause of death was not obvious. The weather accommodated with temperatures getting into upper 40's by mid day and mostly sunny. A nice hiking day with some good short workouts. Thomas was 3 miles round trip with about 800 feet of elevation gain and Pinnacle was another 2 miles and 500 feet of elevation gain. Hike leader Kim Brown and 16 participants made for a great day. Margie L, Linda F, Johnny C, Tracy O, Peggy C, Sophia F, Debbie V, Alan C, Laura F, Jim G, Sue A, Kathryn D, Sandi R, Sarah R, Anthony B, Anne V.

VOLUNTEERS NEEDED

LEND A HELPING HAND

SATURDAY, MAY 10, 2025

The Membership Committee will have an information booth at Raptor Fest on May 10, 2025 at the Durkeetown Baptist Church in Fort Edward, NY. Raptor Fest is put on by the Grassland Bird Trust, Inc. It will include a morning guided bird walk, a presentation on bird migration and a live bird demonstration. We could use volunteers between 9:30 am and 1:00 pm to provide general ADK Club information to members of the public attending Raptor Fest.

SUNDAY, JUNE 1, 2025

The Membership Committee will have an information booth at the Annual Wildlife Festival on June 1, 2025 at the Town of Wilton's Camp Saratoga in Wilton, NY. The Wildlife Festival is put on by the Wilton Wildlife Preserve and Park. We could use volunteers between 11:00 am and 3:00 pm to provide general ADK Club information to members of the public attending the Wilton Wildlife Preserve and Park's Wildlife Festival.

SATURDAY, JUNE 21, 2025

The Membership Committee will have an information booth at the 1st Annual Riverfest on June 21, 2025 at the Buttermilk Outpost located at 331 Warrensburg Road in Stony Creek, NY. Riverfest is being hosted by the Adirondack Adventure Center to benefit the Morgan Duke Conservation Society. We could use volunteers between 12 pm and 8 pm to provide general ADK Club information to members of the public attending Riverfest.

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



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