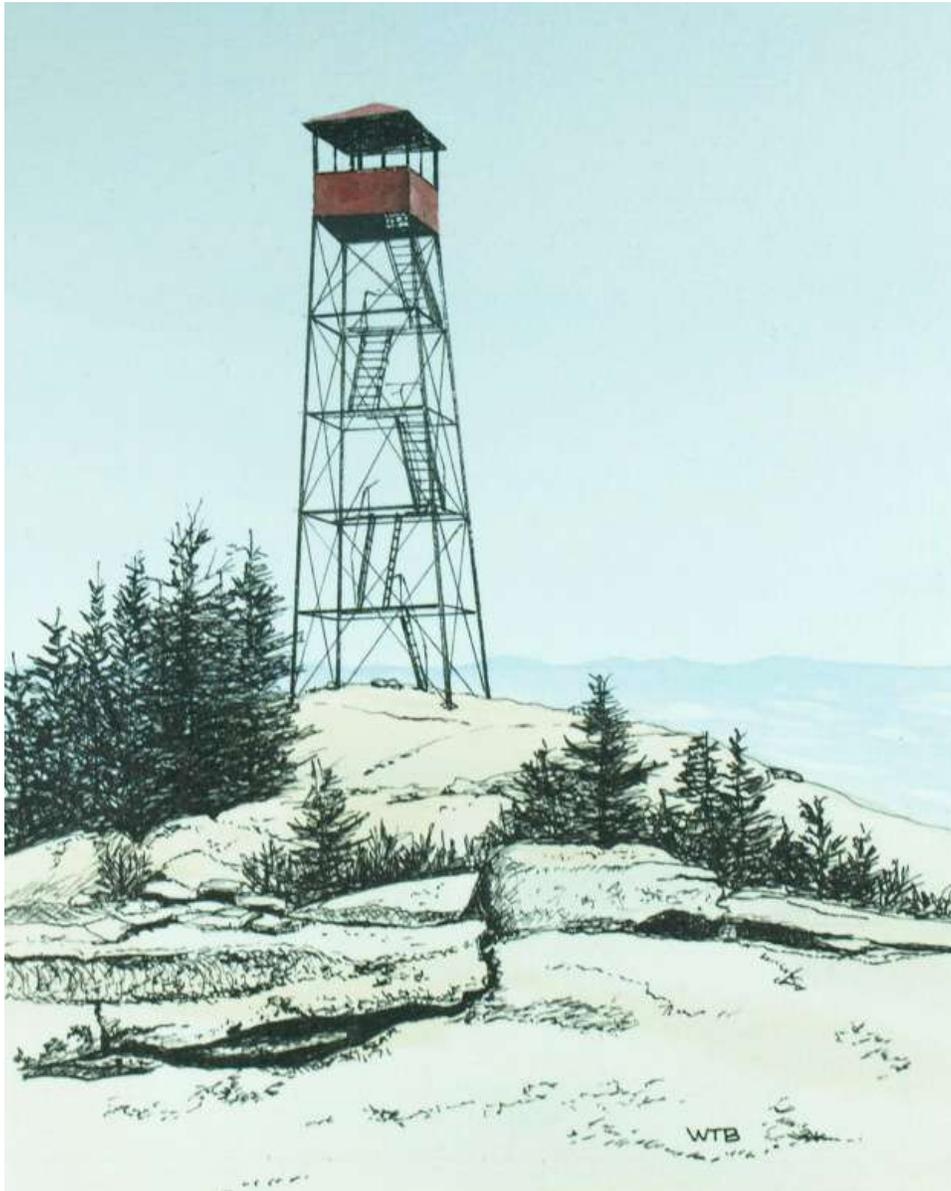


ADK

Adirondack Mountain Club

Glens Falls / Saratoga Chapter Handbook



HURRICANE MOUNTAIN FIRETOWER

“There on the very ridge-board of the vast watershed which slopes northward to the St. Lawrence eastward to the Hudson, and southward to the Mohawk, you can enter upon a voyage, the likes of which, it is safe to say the world does not anywhere else furnish.”

Wm H. H. Murray, Adventures in the Wilderness



Published by the Glens Falls-Saratoga Chapter of Adirondack Mountain Club

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WELCOME AND INTRODUCTION

Members of the Adirondack Mountain Club share an appreciation of the value of our wild lands and waters, a commitment to the protection and responsible use of them, and a conviction that the lands and waters of the Forest Preserve should be allowed to respond to natural influences with minimal interference by humans.

It is in this spirit that we welcome you to the Glens Falls-Saratoga Chapter of the Adirondack Mountain Club. We encourage and welcome your participation and urge you to contact the committee chairs if you wish to become more involved. The Club has a long tradition of dedicating its efforts to the preservation and responsible stewardship of the Adirondacks and other forest preserves. The Club pursues the following objectives: Conservation, Education and Recreation.

Please visit our website at adk-gfs.org for more information about the Chapter.

THE ADIRONDACK MOUNTAIN CLUB

The Statewide Organization

The Glens Falls-Saratoga Chapter of the Adirondack Mountain Club (ADK) is one of twenty-four chapters of a statewide club. ADK is a nonprofit, member-supported organization of about 30,000 members. The Club was organized in 1922 to broaden support for the Adirondack Forest Preserve, encourage public interest in the Adirondacks, advance forest management outside the Forest Preserve, conduct outings especially through its chapters, and assist in the construction and maintenance of trails and shelters. While its purposes have expanded since then, the Club's main focus remains the preservation of lands and waters protected under Article XIV, Section 1 of the State Constitution, which includes the state lands in the Adirondack and Catskill State Parks.



The Glens Falls Chapter was established in 1925, and the name was changed in 2000 to the Glens Falls-Saratoga Chapter. It is the second largest chapter in the Club.

ADK Headquarters and Information Center is located in Lake George. The Club owns two lodges in the High Peaks region: John's Brook Lodge and Adirondak Loj, which also include campsites and lean-tos. A second Information Center is located near the Loj at the Club's Heart Lake property. ADK sponsors educational programs and workshops at its Lake George Headquarters and the two lodges. ADK maintains a professional trail crew and sponsors many trail maintenance programs throughout the Adirondack and Catskill Forest Preserves. ADK has an active advocacy program operating out of its Albany office and takes a proactive stance on issues regarding preservation of the Adirondack region, as well as throughout New York State. *Adirondac* magazine is published by ADK and includes Club activities and events in the Adirondacks and on other wild lands and waters in New York. Members of ADK receive copies of *Adirondac* and a discount on Club publications and lodge fees. In addition, Glens Falls-Saratoga Chapter members also receive *Chepontuc Footnotes*, a bi-monthly newsletter concerning Chapter events, including outings, programs and committee activities.



GLENS FALLS-SARATOGA CHAPTER EXECUTIVE COMMITTEE

The Executive Committee conducts the business affairs of the Chapter. Committee members are the Chapter Chair, 1st and 2nd Vice Chairs, Secretary, Treasurer, the Chapter's Directors on the Club's Board, Immediate Past Chair and the Chapter's committee chairs. All officers are expected to attend Executive Committee and Chapter meetings.

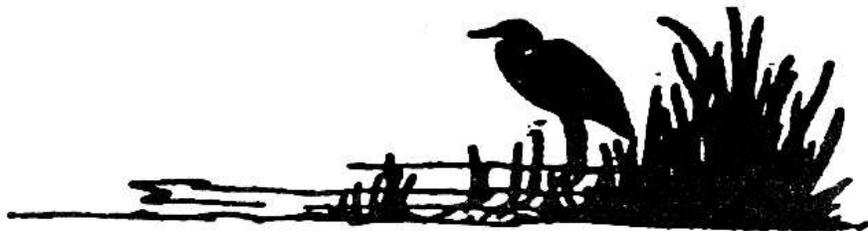
Chapter Chair - presides at all Chapter meetings and appoints all chairs of standing and special committees. Performs all other duties ordinarily associated with the office of Chair.

First Vice Chair - performs duties of the Chair in the absence of the Chair and is responsible for overseeing the work of committees so designated by the Chair.

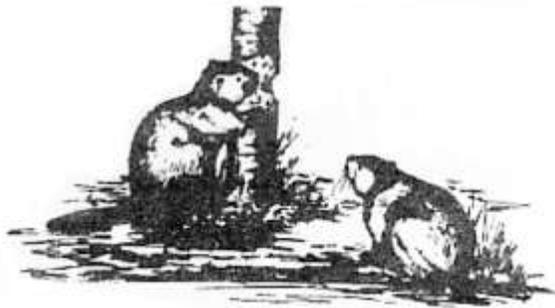
Second Vice Chair- performs duties of the Chair and 1st Vice Chair in their absence and is responsible for overseeing the work of committees so designated by the Chair.

Secretary - responsible for recording the minutes of the meetings of the Executive Committee and of the Chapter and performs other duties normally associated with the office of Secretary.

Treasurer - pays Chapter expenditures and deposits Chapter income. Keeps financial records of the Chapter and prepares a calendar year operating budget listing expected income and expenditures. Provides a financial report at each Executive Committee meeting.



Directors - represent the Chapter on the main Club Board of Directors. Report to the Chapter about main Club issues and activities. The Board of Directors adopts the Club budget, authorizes capital appropriations, controls expenditures, borrows money, approves the charters of standing committees (main Club), determines Club policy, makes rules for the use of the Club's properties, acts for the Club's interest in any way consistent with its by-laws and is vested with all the powers of the Club.



GLENS FALLS-SARATOGA CHAPTER COMMITTEES

There are a number of committees that carry on the Chapter's many activities. Participation by Chapter members is always needed and welcomed. Please contact the committee chairs listed in the *Chepontuc Footnote* or the website to get involved.

Annual Dinner Committee - This committee evaluates and recommends the location, program and menu for the Chapter annual dinner. It works with venue staff and Chapter members to ensure a successful and entertaining annual social gathering for Chapter members.

Conservation Committee - Our Chapter plays an active role in local and statewide conservation issues. Whether protecting local wetlands from development, participating in public hearings, or lobbying the New York State Legislature on environmental issues, members of the Glens Falls-Saratoga Chapter show a sincere interest in preserving and protecting our local environment and New York's Forest Preserve. The Conservation Committee keeps the membership informed of critical issues and of how our Chapter can become involved. New members are always welcome to join in our efforts.

Education Committee - The Education Committee recruits, screens, selects and arranges for Chapter sponsorship of local youths attending DEC Environmental Education Camps and ADK's High School Summer Trail Projects program. Also the committee sponsors an Outreach Program offering youth-oriented outings and leads workshops and activities at area schools and community events as the need arises.

Hospitality Committee - This committee arranges refreshments for monthly programs, special goodies for the December Holiday Meeting and for the Victorian Stroll in Saratoga in December.

Membership Committee - The Membership Committee works to encourage new memberships by having a presence at Chapter meetings, vendor special events and other functions, as requested by the Club. A listing of all Chapter members, as received from the Club is kept on file.

Newsletter Committee - The Newsletter Editor gathers the news and oversees preparation, printing and distribution of the bimonthly newsletter, *Chepontuc Footnotes*. A sub-committee meets to assist the editor in preparing the newsletter for distribution.

Nominating Committee - A Nominating Committee is appointed annually to recommend a slate of candidates to fill the Chapter offices of Chapter Chair, First and Second Vice Chairs, Secretary, Treasurer, and Directors, as terms expire.

Outings Committee - The Outings Committee schedules Chapter outdoor activities. This committee meets every other month to plan ahead three months of outings, with Chapter members volunteering to lead trips. More information on outings is included later in this Handbook.

Program Committee - The Program Committee plans and directs programs for the general membership meetings that are held several times during the year.

Publicity Committee - This committee disseminates information on Chapter activities to local media outlets and other venues.

Trails Committee - The Trails Committee organizes work parties to help clear, refurbish and maintain the ridge portion of the Tongue Mountain Range trail from the North End parking lot to the Point.

Younger Members Group Committee - The Younger Members Group Committee strives to retain and increase active members who are in there 20s and 30s. The committee schedules several outings each quarter that are geared towards younger adults, but are open to everyone. Such outings may take on various challenges, such as the Fire Tower Challenge and the 46 High Peaks.

Website Committee - 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: 1) news and information about activities of interest to Club members, 2) calendar of events, outings schedule and trip reviews, 3) photo gallery of pictures taken on Chapter hikes, paddles, and events and 4) 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.

Wilderness Committee - The Wilderness Committee assists in the monitoring, protection and improvement of the Pharaoh Lake Wilderness Area in cooperation with DEC and the Club Conservation Committee.



PROGRAMS

Monthly programs for the community and Chapter member are held at the Saratoga Springs Public Library and Crandall Public Library in Glens Falls. The programs are selected to reflect the interests of Chapter members, as well as the goals and purposes of the statewide Club. Speakers deliver lectures, informal talks, slide presentations, or demonstrations.

Programs are planned to pique interest in seasonal activities, such as hiking, canoeing, backpacking, snowshoeing, or cross-county skiing. Presentations on such topics as spring wildflowers are timed to coincide with cycles of nature. An effort is made to present information on environmental policy issues, both on a local and a statewide level. Conservation-related topics concerning wildlife and natural areas are popular. Some programs simply allow Club members to learn about out-of-the-ordinary adventures. In this way, the Chapter has "experienced" trips to Ecuador, Antarctica, Africa, the Canadian Rockies and other far-off places.



OUTINGS

The Glens Falls-Saratoga Chapter of ADK offers outings of varying types almost every week of the year. Below is a list of the types of outings, followed by information on trip grading, guidelines, clothing and equipment.



Types Of Chapter Outings

Day Hiking - Most of the outings offered by the Glens Falls-Saratoga Chapter are day hikes. Day hikes are offered at all levels and in a wide variety of locations. Most hikes are in the Adirondacks, but hikes are also offered in places outside the Adirondacks, such as the Catskills and Vermont. Some hikes are on trails and some are bushwhacks. Many of the hikes offered are Adirondack High Peak climbs, but all areas of the Adirondacks are included.

Backpacking - A few of the outings are overnight trips. These outings obviously require more equipment and planning than day trips. The Chapter owns a bear canister that is available for rent by contacting the chapter chair.

Canoeing and Kayaking – Trips are offered on flat-water rivers, lakes and streams. Canoe camping trips are also offered. A personal flotation device and whistle are required equipment on all ADK water outings.

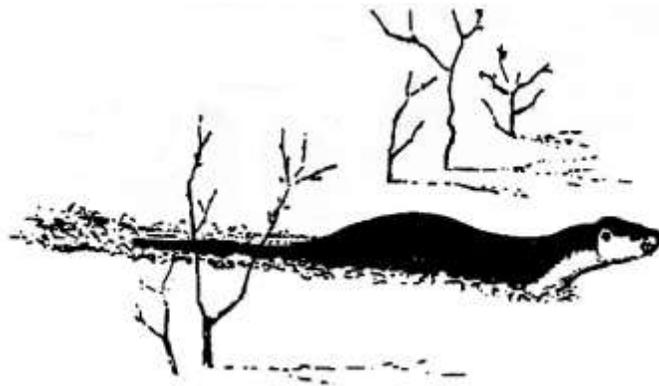
Biking - The Glens Falls-Saratoga Chapter has many biking enthusiasts. Outings in this category include trips on roads and bike paths.



Nature Hikes - Nature hikes include trips to spot spring wildflowers or birds; but there are many other possibilities such as tree identification and geology.

Cross-country Skiing and Snowshoeing - Our outings don't stop when it gets cold and snowy. Many cross-country ski outings and snowshoe outings are offered in the winter months, most of which are day trips, but some are overnights or weekends in cabins or tents. The Chapter owns several pairs of snowshoes that are available for rent at Club Headquarters, 814 Goggins Road, Lake George. Winter newsletters and the website have more information on these trips.

Family Hikes - Some outing offerings are specifically geared to small children and families and will be so stated; however, since most outings are geared for adult participation, always check with the outing leader before bringing young children on an outing.



Social - While the Adirondack Mountain Club is not a "social" organization, throughout the year there are several times when the Glens Falls-Saratoga Chapter members get together socially. Some of these events include the annual Chapter banquet in the fall and the ADK Fall Outing.

Younger Members Group – The Younger Members Group committee schedules several outings each quarter that are geared towards younger adults, but are open to everyone. These outings are specifically designated as YMG outings in the outings schedule published in the newsletter and on the website. Such outings may take on various challenges, such as the Fire Tower Challenge and the 46 High Peaks.

INFORMATION ABOUT SCHEDULED OUTINGS

Planning the Outings Schedule

The Glens Falls-Saratoga Chapter's Outings Committee meets once every other month to plan a three-month schedule of outings to be published in the next newsletter. If you would like to participate in organizing the upcoming schedule or lead an outing, you are urged to contact the Outings Committee Chair. The Outings Committee is not a closed committee. Any and all input or assistance is greatly appreciated and encouraged.



Bimonthly Chapter Newsletter

The bimonthly Chapter newsletter, *Chepontuc Footnotes*, provides valuable information about scheduled Chapter outings. Featured information is:

Outings and Programs Schedule at a glance gives outing date, day of week, type of outing, destination, trip leader and level of difficulty rating.

Outings Descriptions gives a trip description for each trip that includes details about attractive features of the trip; the difficulty level, distance and maybe the ascent of the outing; special equipment or clothing that is necessary; leader's name and contact information; and limitations (if any) on the number of participants.

Trip Reviews provide information about scheduled outings after the fact. Trip leaders are encouraged to include trip reviews of their recently scheduled outings in the newsletter so that others can share in the good times experienced and the lessons learned.

Outings Instructions is a brief description of outings rules, meeting place, and ratings, as well as some suggestions about hiking needs.

Chapter Website – www.adk-gfs.org

The website contains all of the information given in the newsletter about Chapter outings plus additional information such as bios on the outings leaders, backpacking equipment and clothing checklists, trail conditions, High Peaks weather conditions, and links to outdoor activities. You will also find news and notes for non-outing activities of interest to Club members, Chapter programs at the Saratoga Springs and Glens Falls libraries, a gallery of photos taken by Club members on outings, Committee members and contact information, membership signup forms, a list of new members, links to the Chapter newsletter and an archive of newsletters. You are greatly encouraged to visit the website and discover the wealth of information available to you.

Main Club Magazine - *Adirondac*

Adirondac magazine is another source of information about Club outings. The magazine is published six times a year and Club members receive a subscription to the magazine as a membership benefit.

CLOTHING AND EQUIPMENT

This section recommends clothing and equipment that people should bring with them when they venture out into the out-of-doors. It is very informative for inexperienced outdoor persons. To inexperienced hikers, some of the items may seem unnecessary, but Adirondack weather can, and often does, change rapidly. Unforeseen circumstances can also arise. It is far better to carry a little more and be prepared. Much of the information below has been extracted from Adirondack Mountain Club pamphlets and books.



Non-Winter One-Day Outings

The clothing needed for warm weather day outings is largely a matter of personal preference. However, there are a few guidelines that should be followed. Avoid cotton clothing since its insulating value is lost when it gets wet. While this is not a problem on a scorching summer day, an unexpected cold front combined with wet cotton clothing can lead to problems with hypothermia. Ask the leader if long pants and a long-sleeved shirt are necessary (possibly to avoid scratches from thorny vegetation, bites from pesky black flies and mosquitoes, and of special concern due to Lyme disease, having a tick cling to your skin). Bring along an extra pair of socks in case your feet get wet. A mosquito head net (in bug season) is invaluable. A hat is also recommended for sun, rain and deer fly protection. Bring along some extra clothing to keep warm in case of an unexpected overnight or a dip in temperature. You can keep the mud, dirt and stones out of your boots by wearing gaiters. A poncho will suffice as rain gear, but a separate rain jacket and rain pants work better.

Aside from proper clothing and an appropriate pack, recommended equipment consists of suitable footwear (e.g. hiking boots for hiking), compass, map, GPS (if you own one), matches, knife, flashlight, small first aid kit, rain gear, whistle, water bottle, insect repellent, toilet tissue, and spare high energy nibble food (e.g. gorp or chocolate). Bring plenty of food and water for nourishment.

The leader of an outing, in addition to the above, might also carry a space blanket, a more complete first aid kit, a repair/tool kit, and a good map of the area to be explored.

Winter One-Day Outings

Dressing for winter outings is a serious matter. The primary objectives are to keep warm and DRY.

- Wear wool, pile, and/or polypropylene (synthetic material) clothing since they retain their insulating value when wet. Conversely, avoid down (unless protected by a waterproof shell) and cotton, since they are ineffective in keeping you warm when wet. Clothing should be loose-fitting and layered. Having "enough" clothing to keep warm is important, but equally important is not to wear "too much" during periods of moderate temperature and strenuous activity. It is essential not to sweat too much, as dampness in

clothing reduces its insulating value. When hiking up a mountain dress “cool” to control sweating and going down dress “warm” to maintain your core temperature. Wear long-sleeved underwear. Shirts should be loose fitting, long-sleeved and capable of being opened down the front for ventilation. Carry an insulated parka for use at camp, rest stops, windy exposed areas, or in extremely cold conditions. Pants should be roomy for stretch and warmth. Mittens and gloves should be roomy, well insulated and must be kept dry. Mittens are preferable to gloves since they are warmer. Carry along some extra sets. Bring along a balaclava to protect head, ears, neck and face. For extremely windy conditions, use an impervious facemask. Rain pants and a rain jacket are a must, to act as a combination windbreaker and rain protector. A poncho will NOT suffice. Carry along an extra pairs of socks in case your feet get wet.

- Boots should be very well insulated and waterproof. Avoid leather hiking boots unless you have insulated over-boots. Sorel type insulated rubber boots and plastic shelled winter mountaineering boots are very acceptable. Wear gaiters if the snow is deep. A couple of grocery-style plastic bags are also invaluable as insulators between wet boots and dry socks in case your boots get wet.



- In addition to the winter one day outing equipment listed above, bring along a small, insulated pad for sitting on snow and sunglasses to shield your eyes from the sunlight reflecting off the snow. Depending on the type of outing, participants may also need snowshoes, cross-country skis, ski poles, and/or crampons. Carry duct tape for emergency equipment repair. More food, especially that of high-energy value, is necessary on winter trips. Carry enough water as well. Winter air is dry and biting and being dehydrated makes you colder. A thermos of hot soup or hot sugared tea (for fatigue or warmth) may be nice to have along. Chocolate candy bars are also great for renewed energy and warmth.

Overnights

Clothing necessary for wilderness camping would be identical to that described above, except more of it is needed. Additional dry, spare clothing is necessary to change into in case the clothing being worn becomes wet, and to meet the dictates of proper hygiene and personal preference.

In addition to the equipment mentioned above, wilderness camping also requires an appropriate sleeping bag and pad. A tent and cooking gear are also required, but these can often be shared with other participants if you do not already own them. Use of a cook stove is preferable to an open fire because it protects natural resources and doesn't leave scars on the land. Note that open fires are not allowed in some areas of the Adirondack Forest Preserve.

The Chapter website has an excellent checklist of items to bring along on overnight hikes.

GUIDELINES FOR PARTICIPANTS

The guidelines below are intended to maximize your enjoyment of the outings. Please study the items below and know your responsibilities. Remember, the success of any outing depends on the cooperation of all parties.

Before the Outing

1. Sign up with the leader as far in advance as possible. Be sure to let the leader know of any people who will be accompanying you.

2. Carefully consider your current physical condition in deciding whether to participate in an outing. Do not overestimate your physical ability. Outings are graded for length and degree of difficulty. Consult your leader for further information if you have any doubts.

3. If you are unable to attend an outing after signing up, please notify the leader.

4. Please be prepared to car pool and share expenses of travel with your fellow passenger(s).

During the Outing

1. Be at the meeting place on time.

2. Please bring the clothing and equipment described in the Clothing and Equipment section of this Handbook. Also bring any special equipment required by the leader.

3. Do not stray from the group.

4. On overnight hikes, be respectful of your fellow campers by keeping the noise level down at the campsite once someone has gone to bed.



GUIDELINES FOR TRIP LEADERS

Good planning provides a more enjoyable and safe outing for all and is a rewarding experience for the leader. Everyone, whether leader or not, should be familiar with the leader's responsibilities.



Before the Outing

1. Select the route to be followed and, if possible, scout it in advance if it is not familiar to you.
2. Get information about current conditions on the route.
3. Submit a trip description for the newsletter before the deadline. The description should include: a) the grade level and distance of the outing, b) vertical ascent, if applicable, c) attractive features of the trip, d) special equipment necessary, e) who to call and the deadline for calling, f) limitations, if necessary, on the number of participants, age/ability of children etc., and g) date and starting time.
4. It is a good idea to have participants sign up in advance. Take the name and phone number of each person. Remember to include children. Find out about the experience level and physical condition of all participants. If a participant's experience and/or physical fitness are not up to the minimum required for the trip, then as leader (for the good of the group), you should not allow him/her to participate in the outing. If an excessive number of people sign up, consider limiting the number or selecting another leader to assist.
5. The major regulations for the Adirondack High Peaks Wilderness area group size are 1) overnight group size is limited to a maximum of eight people in the Eastern and Western High Peaks Wilderness; 2) day use group size is limited to a maximum of fifteen people; and 3) affiliated groups must maintain a separation distance of at least 1 mile (1.6 km) at all times.
6. Plan transportation if a car shuttle is necessary.

7. Be sure that someone other than you and the participants know about the route and approximate return time so that assistance will be available if the party is seriously overdue.

8. Outings should not be canceled unless hazardous weather conditions are present or a needed minimum number of participants have not signed up or showed up at the meeting place. If you must cancel for personal reasons, you should try to arrange for another leader to lead the outing.

During the Outing

1. In addition to bringing along the standard equipment that each outing participant should have, also include leader gear as indicated in the Clothing and Equipment section of this Handbook.

2. Count your party. Check off the participants from the advance sign-up list. It's a good idea to provide introductions for participants who may not know each other.

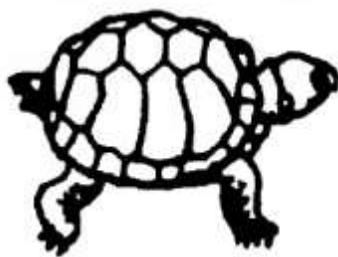
3. Have everyone sign the Liability Release form. Minors must have a parent or guardian sign the form.

4. Assign a sweep (last person in line) to keep the party reasonably together.

5. Inform participants that under NO circumstances are they to stray from the group without notifying the leader.

6. Start on time and be sure everyone is ready to go.

7. Maintain a comfortable pace that will enable the slowest member of the group to keep up with you; otherwise halt frequently so that the rear of the group can catch up. This is particularly important on bushwhacks.



8. Allow for occasional rest stops. Do not start up again until everyone gets a sufficient rest.
9. Do not allow anyone to leave the group and go back alone. If someone cannot continue, the whole group must go back unless someone is willing to return with the person who cannot continue.
10. Do not leave for home until EVERYONE is accounted for and has a ride home.

RATINGS FOR OUTINGS

Outings announcements, which appear in *Chepontuc Footnotes* and on the Chapter website, should specify a grading that takes into account the mileage to be covered and the difficulty level of the trip. It is very important for participants to be open and honest with the trip leaders about their capabilities when signing up for an outing. If you are at all uncertain of your ability to handle the trip please discuss your physical capability with the trip leader and abide by his or her decision. There are outings for all levels. You may need to choose a less challenging one.

Mileage

The grading for any outing should include the total mileage to be covered. If an outing is a multi-day event, then the daily mileages may be provided.

Difficulty Level

Recommended difficulty levels are shown below.

A+ – Very Strenuous: Long trips with much climbing, extremely rough terrain or lengthy bushwhacking that are greater than 4,000 feet ascent, more than 10 miles in length and require over 10 hours to complete. These hikes may well include multiple, distant or trailless peaks. Examples are Allen or Haystack.

A – Strenuous: Long trips with much climbing or rough terrain that are greater than 3,000 feet ascent, 8 to 12 miles in length and require 8 to 10 hours to complete. Examples are Giant Mountain and Rocky Ridge Peak combined or the Tongue Mountain loop. Back packing trips are rated A.

B+ – Moderately Strenuous: Less distance and less climbing than “A” trips that are greater than 2,000 feet ascent, 5 to 10 miles in length and require 6 to 8 hours to complete. Examples are Noonmark or Snowy Mountain.

B – Moderate: Shorter hikes than B+, but may have sections of steep climbing that are greater than 1,000 feet ascent, 5 to 6 miles in length and require 5 to 6 hours to complete. Examples are Prospect or Buck Mountain,

C – Easy: Little or no climbing involved with under 1,000 feet ascent, less than 5 miles in length and require less than 5 hours to complete. Examples are the Wilkinson trail at the Saratoga Battlefield National Park or Mount Jo at the Adirondak Loj.

MEETING PLACE INFORMATION

Most Glens Falls - Saratoga Chapter outings leave from the Panera Bread parking lot on Rt. 9 near Northway Exit 19 in Glens Falls. Any exceptions to this are noted in the trip descriptions. Be sure your outings leader has accurate contact information for you just in case the trip has to be cancelled at the last minute so that they will be able to reach you for notification purposes.



NOTES



