



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

Wanted: New Programs Chair

Due to a series of unfortunate events we are still without a Programs Chair and we are now also without programs for this season. John Schneider has graciously agreed to share his adventures in Alaska with us in January but that is our only scheduled event for this fall and winter.

In order to entice someone into helping us reignite this committee let me say that in my six plus years as Programs Chair I found the job both fun and rewarding. It is a chance to meet all sorts of people: writers, photographers, environmentalists, retired rangers, world travelers, climbers of famous mountains, and bring their experiences to a forum where our members can enjoy it free of charge. Not only do the programs provide raw entertainment but they are also a platform for membership interaction especially for those who don't or can't hike.

So what does the job consist of? First of all, venues have to be scheduled well in advance. The free use of the Community Room at the Saratoga Library can be scheduled a year in advance and needs to be reserved as early as possible as the competition is fierce. We also usually schedule a few programs in Glens Falls at the First Presbyterian Church. The staff there has been very supportive over the years and charge a very nominal fee for use of the space. We try to schedule events on the third Thursday of the month in the months of Sept., Nov., Jan., Feb., March, April and May. (If we can't secure the third Thursday then any Thursday will do.) Once the space has been reserved the talent search starts. This is actually the least difficult part. We have had two members John S. and Ron Lester who have provided programs each year for a number of years and members of the

Please see **WANTED**, page 2



Photo by John Schneider

An Alaskan adventure

In the summer of 2007, Dan D'Angelico and John Schneider spent nine weeks driving on a 14,000 mile round-trip to Alaska. Come join them as they relate their adventures on the way to Alaska (Teddy Roosevelt National Park, Banff and Jasper National Parks), in Alaska (traveling on every major paved road in the state and more than a few unpaved roads), and their return home (an interesting border crossing, and a side trip to their 49th state). Come share the inaugural trip of a brand new RV and the trials of getting a major RV repair during Canada's Independence Day Weekend.

From the time they saw the Rocky Mountains and took a right turn in Montana until their return to that state, they saw mountains every day. Their trip took them up the 1,500-mile Alaskan Highway (Dawson Creek to Delta Junction — almost all paved), down to the coast and to Anchorage, Homer, Seward, Valdez, and

Skagway. A few of their side trips included two train rides and two bus rides to the end of the road in Denali National Park and from Fairbanks to the Arctic Circle along

the Dalton Highway — the Alaskan Pipeline Haul Road. One highlight was Wrangell-St. Elias National Park at the end of a 60-mile dirt road. Another was the drive from Tetlin Junction, Alaska to Dawson City, Yukon, heart of the Yukon Gold Rush of 1898. At least 110 miles of this 214-mile trip was on top of ridges without going down into valleys — the aptly named Top of the World Highway.

Come to view multitudes of wildflowers and much of the wildlife the pair saw, including prairie dog, bison, wild horse, Rocky Mountain sheep, elk, Dall sheep, black bears, caribou, stone sheep, moose, grizzly bear, fox, bald eagle, sea lion, sea otter, whale, spawning salmon, mountain goat, and many species of birds.

Program

'ALASKA — DAN AND JOHN'S
EXCELLENT ADVENTURES
CONTINUE'

WHEN: 7 P.M., JANUARY 15

WHAT: SLIDE SHOW WITH JOHN
SCHNEIDER & DAN D'ANGELICO

WHERE: SARATOGA SPRINGS
LIBRARY COMMUNITY ROOM

Thanks for all your service

BY JEAN HOLCOMB

As I sprint gratefully from the Chapter Chair position I am powerfully cognizant of all those on this board who have served twenty, even thirty years, and continue to do so. These folks have spent year after year attending monthly meetings in various locations around Saratoga and Glens Falls doggedly serving the club in their own individual fashions. Tom Ellis, for instance, has been fixing up the same section of the Northville Placid trail for over 30 years. Jacki Bave has been conservation committee chair for over 20 years. John Schneider, who has done so much for the club over the years it wouldn't fit in this report, is continuing after a long tenure to manage our chapter budget with great skill. Barbara Bave, Mo Coutant, Gretchen Steen, Susan Hamlin, John Caffry and Jim Schneider have all given service in the double decades,

CHAPTER CHAIR Report

leading hikes, chairing committees, publishing our newsletter and nursing the Glens Falls Saratoga Chapter into the twenty first century.

I do not wish to ignore the contributions of the new members who have in the last few years invigorated our executive arm adding new spices and flavors to our management stew. Organizations need balance to remain vibrant and our new committee chairs, some young in age and some young to ADK, will hopefully be the inheritors of the great tradition of our founding mothers and fathers who literally created this chapter in its present form. What I want to recognize here, however, is the long term commitment of many member volunteers, and I am sure this is true of all our chapters, without which the ADK could not function. Thank you all and thank goodness you are willing to serve!

There are a lot of deadlines for this job and it can become hectic if you are not well organized, but at the same time it is an excellent opportunity for a non-hiker to become involved in the club. It is not absolutely necessary to attend the Programs themselves, as we have hospitality committee and membership committee representatives there.

I would be happy to mentor anyone who seriously wants to take on this challenge. You do need at least e-mail skills on the computer and a little creative writing talent to polish up advertising blurbs but beyond that all it takes is enthusiasm. Contact me, Jean Holcomb, at jchhiker@verizon.net or 583-0658 if interested.

WANTED, *From page 1*

board are constantly providing leads for programs. You can also contact other chapters to find out who they have used in the past. Once the presenter has been secured the programs chair helps with promoting the program by inducing the presenter to provide a bio or advertising blurb to be published in *Chepontuc Footnotes* as well as being forwarded to our publicity chair for distribution to newspapers, etc. A few weeks before the program is scheduled the chair makes sure the presenter is still available and prepared and double checks the details with the space providers. If possible the chair attends the program and introduces the presenter.

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Board meeting highlights

By John Schneider, Laura Fiske and Maureen Coutant for Barb Bave.

ADK Board of Directors Meeting — September 13, 2008

The following are highlights of the September ADK Board of Directors Meeting held at ADK Headquarters. Glens Falls/Saratoga Chapter Directors, Barbara Bave, Laura Fiske and John Schneider attended the meeting.

ADK President Curt Miller and Executive Director Neil Woodworth both reported that the club had a very successful summer. Business was better than predicted at Heart Lake and Johns Brook Lodge. Improvements made in the Loj facilities brought positive feedback from patrons. Talks and presentations at Heart Lake helped enhance visitors' experiences. We also received positive publicity when Forbes.com named Adirondack Loj one of the top ten "Good for You" getaways in the world.

Progress on the Heart Lake Property Project with DEC has stalled at the higher levels of DEC. Neil recommended that ADK continue the project anyway, funded by private monies.

ADK's Ididaride bicycling event was

a smashing success in August. It is expected to be even bigger next year. Members were also encouraged to attend the upcoming Wilderness Affair fundraiser in Albany, November 1.

The club's professional trail crew has completed a new trail up Lyon Mountain sponsored by the Algonquin Chapter in honor of their 60th anniversary. The new trail has switchbacks to prevent erosion evident on the old trail.

Bruce Katz was welcomed as Controller, Allison Bealls will be replacing Marissa Tedisco as Legislative Associate, and Julia Goren is back as Summit Steward Coordinator.

Lows Lake litigation about floatplanes has not been settled, but the ADK lawsuit has had a significant influence on it.

A resolution was passed by the BOD to support the renaming of East Dix and South Dix to Grace Peak and Carson Peak. The proposal will go to the state whose recommendation then goes to the U.S. Board on Geographic Names.

Another resolution was passed having to do with a banking technicality.

Finally, an issue was raised for discussion concerning the liability of chapters when informal hikes are arranged through their websites.

Join us for Heart Lake Weekend

By John Schneider

The Chapter will hold its 2009 Winter Weekend at the Wiezel Trails Cabin at Heart Lake from Friday, February 6, to Monday, February 9, 2009.

From the cabin, we will be able to cross-country ski and snowshoe to many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await the snowshoe. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mount Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfasts and dinners are included in the price. The Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 persons in four four-person bunkrooms.

The rate for the weekend should be no more than \$110 per person, if we fill all 16 spaces.

If we do not get an appropriate number of attendees, we will need to cancel our reservations 60 days (November 5) before our arrival date. Do not wait until the last minute to make your reservations.

To reserve your spot, send your deposit of \$110 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 12866. Call 518-584-8527 for more details. Reservations are on a first-come first-served basis. If we fill all 16 spots, we will maintain a short waiting list. The past two years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

New members

GF-S CHAPTER

The Glens Falls/Saratoga Chapter welcomes the following new members:

JULY 2008

- Jay Carruthers, Saratoga Springs
- William & Kay Gormley, Lake George
- Benjamin, Lissa, Zachary & Dylan Jacobson, Clifton Park
- Janet Kaye & Karen Bloom, Lake Luzerne
- Madeline Kowalik-Bova, Stillwater
- Marianne Martusciello & George Hines, Hague
- Susan Moore-Palumbo, Frank, Colin & Peter Palumbo, Wilton
- Corbin, Trina, Gabe, Ross & Alec Olsen, Gansevoort
- Heather Lockhart, Jason, Ethan & Eve Schoen, Clifton Park
- Alexander Waitscheck, Vero Beach, Florida

AUGUST 2008

- Joanne Armstrong, Glens Falls
- David Barker, Saratoga Springs
- Allison & Jeffrey Branson, Tulluride, Colorado
- Karen, Christopher, Christopher & Victoria

- Breslin, Gansevoort
- James, Kimberly, Eric, Cole & Dylan Brown, Greenwich
- Deborah & Philip Coons, Saratoga Springs
- Rick, Christine, Addy & Chloe Dawson, Queensbury
- Vanessa Etherington & Jay Baldwin, Saratoga Springs
- Peter Fedorick, Greenfield Center
- Chris LaFlamme, Niskayuna
- George McLachlan, Saratoga Springs
- Shawn Neese & Jonathan Kiernan, Northville
- Vincent & Mary Palacino, Glens Falls
- Christine Parkhurst & Stephen Moore, Framington, Massachusetts
- Donna Shean, Cooperstown
- Derek, Belinda & Brooke Taylor, Queensbury
- David VanCamp, Hudson Falls
- Lewis & Barbara Varney, Queensbury
- Carl & Caryl Voorhees, Belmar, New Jersey
- Sandra, Daniel, Derek & Evan Wacks, Bolton Landing
- Richard Wardwell, North Bethesda, Maryland
- W. Paul, Laura & Charlie Weick, Warrensburg
- Terry & Joann Woodard, Corinth



Education Corner

Hello again. Regretfully, whether due to a lack of interest or bad weather, our Hike & Learn series had no takers this year. Perhaps we will try one more year as we already have a volunteer for one on geocaching. We will see. For now, our attention is focused on recruiting individuals for our annual summer sponsorships for the ADK and DEC camp opportunities. I am hopeful the response will be as plentiful as last year.

Feedback from participants has been coming in with a positive tone. Chris Watson says of his Pack Forest experience, "I absolutely loved it and everything about it" noting some of his favorite experiences included an "overnight trip to James Pond" and "the night hike" as well as "going in the canoes to fish." He goes on to tell how "every day we had lessons about the outdoors, and to help teach us, they put the lessons into a game form so it was really fun." Similar sentiments were echoed by Kayla Silva whom

we were able to get sponsored via ADK's Cold River chapter when our funds ran out. She described her time at Pack Forest as "a wonderful week, full of new friends, laughs, and semi-good weather." Both speak of looking forward to returning next summer.

Jeannette LaPointe shares with us her very active stay at Camp Colby, calling it "one of the best weeks of my summer." She goes on to say, "Throughout my stay ... I had the opportunity to climb two of New York's High Peaks, go canoeing on lower Saranac Lake and Lake Colby, journey on a night hike, set out on an overnight camping trip beside the lake, play many cool games, sing many songs out and around a campfire, go fishing, go swimming, share laughs, share smiles, make new friends, and learn how to conserve the environment." She further speaks of being "placed in discovery groups" to participate in lessons such as "coming up with an alternative energy source to use at camp."

Following are excerpts from a letter from Ben Uris, our 2007 sponsorship for ADK's Teen Trails program: "We've been in the back country for five days, and today is our last day. Our project is the Northville-Placid Trail ... and we've been

sidecutting the whole week, widening the trail, making it more enjoyable for hikers." He continues, "This morning we are having pancakes with maple syrup and some fresh fruit ... We know each other well and work together as though we've known each other our whole lives." He concludes, "I'll never forget the friends I made, the valuable lessons I learned, and the enormous amounts of food I consumed during that week in the woods."

If you, or anyone you know (aged 12 to 17), would like the opportunity to have an experience similar to those of Chris, Kayla, Jeannette or Ben for free (we pay the \$250 fee), please go to our website. Under the Departments heading, click on the Education link. There you will find further information and applications. Download and complete the appropriate application and mail to:

Linda Ranado
18 Pine Ridge Road
Hadley, New York 12835

Applications must be received by January 7, 2009. You may also e-mail lrnado@hotmail.com or call (696-7265) for further information.

— Linda Ranado, Education Chair

Conservation News

By Jacki Bave

ADK Files Lawsuit to Ban Floatplanes on Lows Lake — In June, ADK and several other environmental groups sued New York's Department of Environmental Conservation (DEC) to uphold provisions of its 2003 Unit Management Plan for the area that called for eliminating floatplane use by 2008. DEC has neglected to take action to phase out floatplane use as required by the UMP, and instead has recently proposed a permit system to allow continued floatplane use on Lows Lake for up to ten more years. Under this new proposal, floatplane operators would be able to store canoes for use by their clients on wilderness lands, and taxi to the wilderness shore to drop off and pick up clients at these storage sites.

More than three quarters of Lows Lake lies within the Five Ponds Wilderness Area, and the Adirondack State Land Master Plan's primary management goal for this area is to preserve its wild character as a canoe route, without motorboat or airplane use. ADK's lawsuit is intended to compel DEC to adhere to the laws established for the area, and prevent commercial use of

lands intended for wilderness pursuits. (For more information on this lawsuit, please see the article in the July/August 2008 issue of Adirondac, or check the Action Alert on the chapter and club websites.)

Master Plan for Saratoga Spa State Park — New York's Office of Parks, Recreation and Historical Preservation (OPRHP) has embarked on a master plan effort for all State Parks, and Saratoga Spa State Park is first on the list. In June, OPRHP held an informational meeting and invited the public to participate in developing the master plan by offering ideas and comments. Suggestions included requests for additional and improved bicycle and walking trails with connections to trails outside the park, restoring the historical Roosevelt and Lincoln bath houses for other uses, such as a visitor or interpretive center, and establishing a botanical garden on the grounds of the park.

When completed, the Master Plan will address natural resource stewardship, education and interpretation, revitalization of existing resources and connections with other local green spaces. A Draft Master Plan/Environmental Impact Statement will be issued in January 2009, and a formal public hearing will be held in February of 2009. It is anticipated that the final Master Plan will be completed in May of 2009. For chapter members with an interest in participating in February's public hearing, please check the chapter website next January for date and time.



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: www.adk-gfs.org

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library. Future Programs: January 15

Executive Committee Meetings held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Library. Future Meetings: November 5, December 3, January 7

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: November 19

November		Outing Type	Destination	Leader/Contact	Rating
1	Sat	Hike	5 Mile Point	Holcomb	B+
1	Sat	Hike	Cliff Mountain	McLean	A+
2	Sun	Hike	Avalanche Mountain	Bouder	A
5	Wed	Meeting	Executive Committee (Glens Falls)	Holcomb	NR
5	Wed	Walk/Hike	Leader's Choice	Coutant	C+
8	Sat	Hike	Owls Head & Belfry Mountains	MacKenzie	C-
8	Sat	Hike	Noonmark and Round Mountain and Noonmark Diner	Lane/Dagastine	B
9	Sun	Hike	Cook Mountain	Desbiens	B-
9	Sun	Hike	Wyman Mountain	Bouder	A
12	Wed	Walk/Hike	Leader's Choice	Coutant	C+
15	Sat	Hike	Pharaoh Mountain	Morse	B+
15	Sat	Hike	Dial and Nippletop	Lane/Shollenberger	A+
16	Sun	Hike	Pilot Knob	Aspholm	B
19	Wed	Meeting	Outing Leaders (Saratoga)	Whitney	NR
19	Wed	Walk/Hike	Leader's Choice	Coutant	C+
22	Sat	Hike	Baldhead and Moose Bushwack	Bouder	
22	Sat	Hike	Saddleback	Holcomb	A+
23	Sun	Hike	Cat Mountain	Whitney	B
26	Wed	Walk/Hike	Leader's Choice	Coutant	C+
27	Thurs	Thanksgiving	Saratoga Battlefield Turkey Trot #10 (Hike)	Crammond	C+
30	Sun	Hike	Sleeping Beauty	Whitney	B-
December					
3	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C+
3	Wed	Meeting	Executive Committee (Saratoga)	Holcomb	NR
6	Sat	Hike	Hadley Mountain	Desbiens	B
6	Sat	Hike	Winter Holiday Extravaganza	Lane/Dagastine	C
7	Sun	Hike	Hopkins Mountain	Whitney	B
10	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
13	Sat	Hike	Moreau Lake State Park	Prouty	B
13	Sat	Hike	Treadway Mountain	Bill Morse	B
14	Sun	Hike	Nun-da-ga-o Ridge	Bouder	A-
17	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
20	Sat	Hike	W.P.T.R. — Saratoga Battlefield (Sportsman Hike)	Rich Crammond	C+
21	Sun	Hike	Seward and Donaldson and Emmons	Bill Carpenter	A+
24	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
27	Sat	Hike	Cascade and Porter	Whitney	A
31	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
January					
1	Thu	Hike	Buck Mountain annual New Year's Day Hike	Prouty/Aspholm	B
4	Sun	Hike/Snowshoe	Introduction to Snowshoing	Desbiens	B-
4	Sun	Hike	Street and Nye	Carpenter	A+
7	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
7	Wed	Meeting	Executive Committee (Glens Falls)	teReile-Karkoski	NR
10	Sat	Hike	Hoffman Notch	Bill Morse	B
10	Sat	Hike	Basin	Holcomb/Whitney	A+
10	Sat	Hike	*YMG* — *Fire Tower* — Hurricane Mountain	Jonathan Lane	B
11	Sun	Hike	Elizabethtown # 4	Jayne Bouder	A
11	Sun	Hike	Ampersand Mountain	Mackey	B
14	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
15	Thurs	Program	Alaska: Dan & John's Excellent Adventures Continue	John Schneider	NR
17	Sat	Ski	Santanoni Camp	Darbee	B+
17	Sat	Hike	*YMG* — Phelps	Lane/Shollenberger	B+
18	Sun	Hike	High Peak Leader's Choice	Carpenter	A+
19	Mon	Hike	*YMG* — Buck Mountain	Darbee	B+
21	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
24	Sat	Hike	Stillwater Locks	Crammond	C
24	Sat	Hike	Phelps Mountain	Whitney	A+
28	Wed	Walk/Hike/Ski	Leader's Choice	Coutant	C-
31	Sat	Hike	Pyramid & Gothics	Mackey	A



Outings

PLEASE NOTE: Designated hikes (family, new member, etc.) are geared for a special purpose, but are not exclusive. If you would like to attend any outing, please call the trip leader. Also, please be sure to refer to the outing instructions at the back of the newsletter to be prepared for the outing.

ONGOING

WEDNESDAY OUTINGS

Date: Wednesdays

Time: 9ish - ?

Rating: D to B depending on trip

Please join us for a walk/hike/ski within an hour of Glens Falls.

Meeting time is around 9 a.m. with various meeting places.

Generally done by noon. Call Maureen Coutant at 745-7834 or e-mail mojom@roadrunner.com for specifics a few days before the trip.

November 5, 12, 19, 26

December 3, 10, 17, 24, 31

January 7, 14, 21, 28

5 MILE POINT

Saturday, November 1

Type: Hike

Time: 8:00 a.m.

Rating: B+

Jean Holcomb 518-583-0658 jchhiker@verizon.net

First off THERE WILL BE HUNTING so wear bright clothes. This trip of a little over 6 miles is a great chance to hang out on Lake George when there should be little boat traffic. There is a lovely rock right on the lake for lunch (swimming optional). There is a price to pay for this beauty as the trip goes up to the ridge over 1,000 feet elevation, down to the lake and back to the ridge with 1,140 elevation gained. That's about 2,200 feet total. On the up side, the snakes are all in their dens.

CLIFF MOUNTAIN

Saturday, November 1

Type: Hike

Time: 7:00 a.m. at trail head

Rating: A+

Mike McLean 315-262-2564 mpmclean@twcny.rr.com

We will leave the Upper Works Parking Lot at 7 a.m. and make our way up to Flowed Lands and then along the Opalescent to the start of the herd path just behind Uphill Brook Lean-to. A well-defined herd path will take us up a few steep sections to the top, where wonderful views can be had. Around 10 miles round trip. A leisurely pace.

AVALANCHE MOUNTAIN BUSHWACK

Sunday, November 2

Type: Bushwack Hike

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

This is #63 of the Adirondack 100 highest, and is supposed to have some views. Ten miles (3 trailless, thick, and steep), 1,600 feet ascent, and moderate pace. From Adirondack Loj.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 5

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

***FIRE TOWER* — OWL'S HEAD AND BELFRY MOUNTAIN**

Saturday, November 8

Type: Hike

Time: 9:00 a.m.

Rating: C-

Lorraine MacKenzie 791-9794 LorraineM@safaritelecom.com

Belfry Mountain is referred to as the "Lazy hiker's heaven"! It's a short walk (.8 miles round trip) with fantastic views of the Green Mountains, Lake Champlain, Dix Range, Great Range, Whiteface, Giant and Rocky Peak. WOW! Owl's Head is just a tad longer (1.2 miles round trip) with fantastic views as well. If there is snow, it is a great first outing for snow shoeing for those of us, like myself, who have never ventured out in this fashion.

NOONMARK, ROUND MOUNTAIN & NOONMARK DINER

Saturday, November 8

Type: Hike

Time: 7:00 a.m.

Rating: B

Jonathan Lane 744-4594 saratoghiker@infogorp.com

Annie Dagastine 225-9107

For anyone who has hiked up Noonmark Mountain before, you know how incredible the views are! And if you have never been on top of Noonmark, now is a good time to go and enjoy the 360-degree views. We will head up Noonmark first, then wander over to Round. After we have had our fill of beautiful views for the day, we will go fill ourselves up at Noonmark Diner before the ride home. Approximately 7 miles round trip. Rain will cancel.



COOK MOUNTAIN

Sunday, November 9

Type: Hike

Time: 9:00 a.m.

Rating: B-

Pat Desbiens 899-9688 pdesbien@nycap.rr.com

Cook Mountain is the northern most peak in the Lake George Basin region. From its summit, you will have views to nearby Anthony's Nose, Roger's Rock, Lake Champlain, Black Mountain as well as the Tongue Mountain range. This will be a 3.4 mile round trip with 895 feet of elevation gain.

WYMAN MOUNTAIN BUSHWACK

Sunday, November 9

Type: Bushwack

Time: 6:00 a.m.

Rating: A

Jayne Boudier 793-3770

This unfamiliar 3,300' peak has great views of the Dix Mountain Wilderness. Ten-mile loop (5 trailless) includes waterfalls, the wild Wyman/Bear mountain pass, scenic overlooks, and an interesting boulder-field. 2,500' ascent, at a moderate pace.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 12

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

PHARAOH MOUNTAIN FROM BRANT LAKE

Saturday, November 15

Time: 8:00 a.m. at Mill Brook Trailhead

Rating: B+

Bill Morse 585-9153 fishermanpike@yahoo.com

This is a 10-mile hike starting on the Mill Brook trail in Brant Lake (Horicon). At Pharaoh Lake, we take the trail to the summit of Pharaoh Mountain. Overall this is a 1,500-foot elevation gain. Pharaoh Mountain offers excellent views of the surrounding wilderness area, Schroon Lake and the High Peaks region. Bring lunch. Leader may bring dog. Be prepared for early winter weather on Pharaoh Mountain.

DIAL AND NIPPLETOP

Saturday, November 15

Type: Hike

Time: 6:00 a.m.

Rating: A+

Jonathan Lane 744-4594 saratogahiker@infogorp.com

Kyle Shollenberger 610-662-4539

The trail for these peaks is one of the best. We will start from the Ausable Club, then follow the Lake Road to the trailhead up Nippletop. We will then make our way over to Dial, Bear's Den, and the shoulder of Noonmark where you will witness the remains of a past forest fire. Approximately 15 miles round trip at a moderate pace. It gets dark early, so bring a flashlight or headlamp, just in case. Rain will cancel.

PILOT KNOB/PLANE WRECK

Sunday, November 16

Time: 7:00

Rating: B

Bob Aspholm 798-8599 or pine4422@yahoo.com

We'll start this outing from the Buck Mountain trailhead and scramble up the informal route to the ridgeline of Pilot Knob. Pausing for a break and savoring views, we'll follow the ridgeline to the summit and more views; from the summit we'll drop down on the lakeside and find and explore the 1969 plane wreck. Return via the same route. About 5 miles total and about 1,600' climb.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 19

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

BALDHEAD AND MOOSE BUSHWACK

Saturday, November 22

Type: Hike

Time: 7:00 a.m.

Rating: A-

Jayne Boudier 793-3770

These two 2,800' mountains dominate north of Stony Creek, and have views that include nearby Crane Mountain. Eight miles (6 trailless), 2,400' ascent, at a moderate pace, with time to stop.



Outings

SADDLEBACK MOUNTAIN HIGH PEAK

Saturday, November 22

Type: Hike

Time: 6:00 a.m.

Rating: A+

Jean Holcomb 518-583-0658 jchhiker@verizon.net

We will go in from the Garden, past JBL and on up to Saddleback and back the same way. Absolutely no option to do Basin. This is a 13.4-mile round trip with just under 3,000' elevation gain. There are a few dicey river crossings so hope for a sunny preceding week. This is a good chance to hike from the Garden when we can be sure of a parking space. As conditions could be anything from snow to ice to slime be sure to be prepared with crampons, snowshoes and cold weather gear.

CAT MOUNTAIN

Sunday, November 23

Type: Hike

Time: 8:00 a.m.

Rating: B

Jack Whitney 793-9210 jack1758@roadrunner.com

This is a good beginner hike — new hikers are welcome. We will start at the Edgecomb Pond trailhead, walk around the pond and then up to the summit. Great views of Lake George can be had from the summit. About 5 miles round trip.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 26

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

SARATOGA BATTLEFIELD THANKSGIVING DAY TURKEY TROT #10

Thursday, November 27

Time: 8:00 a.m., Visitors Parking Lot, Saratoga Battlefield, off Route 32N

Rating: C+

Rich Crammond 584-2380

Let's work up that old holiday hunger again this year. Wildlife viewing along the way. Distance is around 5 miles. Bring your binoculars. Dress for the weather. I hope for many participants for this special annual 10th year outing. Happy Thanksgiving!

SLEEPING BEAUTY

Sunday, November 30

Type: Hike

Time: 9:00 a.m.

Rating: B-

Jack Whitney 793-9210 jack1758@roadrunner.com

This is a good beginner hike — new hikers welcome. This is a good opportunity to burn off some of those calories from Thanksgiving. We will start from the Hogtown trailhead. Distance is 3.4 miles from the Hogtown trailhead register to the summit — distance will be cut about in half if we can drive all the way into the clearing further down the road.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, December 3

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

HADLEY MOUNTAIN

Saturday, December 6

Type: Hike

Time: 8:00 a.m.

Rating: B

Pat Desbiens 899-9688 pdesbien@nycap.rr.com

This is one of my favorite fire tower mountains. The distance is 3.6 miles round trip with a little over 1,500 feet of elevation gain. This may or may not be a snowshoe hike — either way the pace will be slow to moderate. Bring a lunch to hopefully enjoy on the summit. After 6:00 p.m. on Friday, December 5, please call my cell phone at 316-1244 to sign up for the hike.

WINTER HOLIDAY EXTRAVAGANZA

Saturday, December 6

Type: Hike

Time: 6:30 a.m.

Rating: C

Jonathan Lane 744-4594 saratogahiker@infogorp.com

Annie Dagastine 225-9107

Are you itching to get out on a hike before we get totally buried with snow? Do you still have some holiday shopping to do? We will head north, first stopping at The Mountaineer in Keene Valley, known for its outdoor equipment and knowledge. Our next stop will be the High Peaks Information Center, where you can purchase any ADK memorabilia that you desire. Then we will hike up Mount Jo (approximately 2.5 miles round trip), known for having incredible views of the surrounding High Peaks. We will then make our way into Lake Placid where we can eat and explore the shops of this quaint Adirondack town.



HOPKINS MOUNTAIN

Sunday, December 7

Type: Hike

Time: 7:30 a.m.

Rating: B

Jack Whitney 793-9210 jack1758@roadrunner.com

Hopkins Mountain is located off Route 73 in the High Peaks region near Giant Mountain. Round trip distance from Route 73 is 6.4 miles with 2,120' of elevation gain via the Mossey Cascade Trail. Views are unobstructed except to the Northeast. Be prepared for snow and winter hiking at this time of the year in the High Peaks.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, December 10

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

MOREAU LAKE STATE PARK

Saturday, December 13

Type: Hike

Time: 9:00 a.m.

Rating: B

Reg Prouty 518-747-9736 reg46r4734@yahoo.com

Exact type and length of hike (whether snowshoe, ski or hike) as well as exact route and distance to be determined by weather conditions for the season. If there is snow it will be a 5-6 mile snowshoe loop hike in the park. Call leader for updated details.

TREADWAY MOUNTAIN

Saturday, December 13

Type: Hike

Time: 8:00 a.m.

Rating: B

Bill Morse 585-9153 fishermanpike@yahoo.com

This will be hike/snowshoe depending on the conditions. This is an eight-mile hike from Putnam Pond campground to the summit and return. The ascent from the campground is 900 feet. Nice views from the summit. Bring your lunch. Also be prepared for ice if there is no snow, stabilizers will do nicely and be prepared for some wind on top.

NUN-DA-GA-O RIDGE

Sunday, December 14

Type: Hike

Time: 6:30 a.m.

Rating: A-

Jayne Boudier 793-3770

This loop has great views and entertaining terrain. Six miles, 1,600' ascent, at a moderate pace with time to stop. Hurricane Mountain Primitive Area.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, December 17

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

W.P.T.R. — SARATOGA BATTLEFIELD (SPORTSMAN HIKE)

Saturday, December 20

Type: Hike

Time: 7:00 a.m.

Rating: C+

Rich Crammond 584-2380

We will spend the morning glassing for the elusive giant racked whitetail. A few miles of hiking in the park. We will need binoculars, warm gear, snowshoes and Christmas spirit.

SEWARD, DONALDSON, EMMONS

Sunday, December 21

Type: Hike

Time: 5:00 a.m.

Rating: A+

Bill Carpenter 793-5506

Start your WINTER HIGH PEAKS! Full winter gear required: snowshoes, crampons, and headlamps. Call leader for details and to sign up.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wed, December 24

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details



Outings

CASCADE AND PORTER

Saturday, December 27

Type: Hike

Time: 7:00 a.m.

Rating: A

Jack Whitney 793-9210 jack1758@roadrunner.com

If you got new snowshoes for Christmas here is the perfect opportunity to try them out. Cascade and Porter are two of the shortest in distance and easiest of the High Peaks to hike. It will be about a 7 miles round trip.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, December 31

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

BUCK MOUNTAIN ANNUAL NEW YEAR'S DAY HIKE

Thursday, January 1

Type: Hike

Time: 9:00 a.m.

Rating: B

Reg Prouty and Bob Aspholm 747-9736 reg46r4734@yahoo.com

We will snowshoe or hike from Pilot Knob ascending 2,000 feet to the 2,344' summit at a moderate pace. Round trip is 6.6 miles.

INTRODUCTION TO SNOWSHOE HIKE

Sunday, January 4

Type: Hike

Time: 9:00 a.m.

Rating: B-

Pat Desbiens 899-9688 pdesbien@nycap.rr.com

The destination for this trip will be determined by the snow or lack thereof on January 4th. If there is no snow in the Lake George area we will try to find some a little farther to the north. The hike will be short and easy. Call or e-mail leader to register and talk about equipment and proper clothing for the hike. After 6:00 p.m. on Friday, January 2, please call leader's cell phone at 316-1244.

STREET & NYE

Sunday, January 4

Type: Hike

Time: 5:30 a.m.

Rating: A+

Bill Carpenter 793-5506

Working on your winter High Peaks? You can join us with your full winter gear: snowshoes, crampons and headlamps. Call leader for details and to sign up.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, January 7

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

HOFFMAN NOTCH

Saturday, January 10

Type: Hike

Time: 8:00 a.m.

Rating: B

Bill Morse 585-9153 fishermanpike@yahoo.com

This will be a 6.5-mile hike/snowshoe through the Hoffman Wilderness area. The trail we will be following is the course of Schroon Lake's annual snowshoe race. The trail is beautiful and passes two ponds, goes over an old beaver dam through some wilderness. The trail has gentle ups and downs so it is perfect for someone just beginning to snowshoe. Bring your lunch. We meet at Grand Union on Route 9 in the center of Schroon Lake.

Join the Club!

When you join the ADK, you can choose to "affiliate" with the Glens Falls-Saratoga Chapter. The Glens Falls-Saratoga Chapter has a membership of more than 2,800, making it the second largest ADK chapter — and it's growing fast! Most members reside in either Saratoga, Warren or Washington

Counties of New York State. As a chapter member, you will also receive the bi-monthly *Chepontuc Footnotes* newsletter.

The club offers something for everyone. Activities include hiking, canoeing, cross-country skiing, social events, interesting programs, etc. You do not have to be an athlete or drive long distances to enjoy many of our outings. Hikes range from short, easy walks to more challenging climbs in the High Peaks. Many activities are local — not all require a long drive.

To join, go to www.adk-gfs.org and click on "Join the Club."



HIGH PEAK — BASIN

Saturday, January 10

Type: Hike

Time: 5:00 a.m.

Rating: A+

Jack Whitney jack1758@roadrunner.com 793-9210

Jean Holcomb 583-0658 jchhiker@verizon.net

We will start this hike at the Garden Parking Lot and then head to Basin via Johns Brook Lodge to Bushnell Falls and then onto Slant Rock and finally up to Basin itself. This will be a fairly long day with much elevation gain.

YMG — *FIRE TOWER* — HURRICANE MOUNTAIN

Saturday, January 10

Type: Hike

Time: 7:00 a.m.

Rating: B

Jonathan Lane 744-4594 saratoghiker@infogorp.com

Madeline Kowalik-Bova Mkowalikb@gmail.com

Whether you're working toward the Fire Tower Challenge or just looking for some awesome views, this hike is for you! The strenuous climb will take us to views of Lake Champlain, many of the High Peaks, and the Green Mountains in Vermont. Approximately 5-6 miles round trip. Rain will cancel.

ELIZABETHTOWN #4

Sunday, January 11

Type: Bushwack Hike

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

This easternmost bump on the East Dix ridge has great views! 8 miles (4 trailless), 1,500' ascent, at a moderate pace with time to stop.

AMPERSAND MOUNTAIN

Sunday, January 11

Type: Hike

Time: 8:00 a.m.

Rating: B

Steve Mackey 793-6484 smackey33@verizon.net

This hike is about 5.4 miles and 1,775' elevation gain. The summit is totally bald and the view is supposed to be one of the best in the Adirondacks. I have never climbed it before, but I've been to the Seward's a lot, and I've always wanted to climb Ampersand. This will be a snowshoe hike (if we have snow) and we'll get a good workout. This is a good one for new snowshoers as the distance isn't too great.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, January 14

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

CAMP SANTANONI PRESERVE X-COUNTRY SKI

Saturday, January 17

Type: Other

Time: 5:45 a.m.

Rating: B+

Alison Darbee 668-4027 darbear@gmail.com

Come out and enjoy the snow on a 9.4-mile ski on gently rolling terrain. I recommend some experience on ungroomed/unbroken trails. Proper winter layering (NO COTTON), a pack with water and lunch are all must-haves! Severe cold/extreme weather will cancel.

YMG — PHELPS

Saturday, January 17

Type: Hike

Time: 6:00 a.m.

Rating: B+

Jonathan Lane 744-4594 saratoghiker@infogorp.com

Kyle Shollenberger 610-662-4539

It's Winter High Peak season! Phelps isn't a very difficult peak, but make sure you are prepared for winter and icy conditions. Pace will be moderate with weather determining how much time we spend on top enjoying the views. Approximately 9 miles round trip. Rain will cancel.

WINTER HIGH PEAK — LEADER'S CHOICE

Sunday, January 18

Type: Hike

Time: 5:30 a.m.

Rating: A+

Bill Carpenter 793-5506

Working on your Winter High Peaks, or just a good, fun day of winter hiking, you can join us. Full winter gear required: snowshoes, crampons and headlamps. Call trip leader for sign up.



***YMG* — BUCK MOUNTAIN**

Monday, January 19

Type: Snowshoe

Rating: B+

Time: 7:00 a.m.

Alison Darbee 668-4027 darbear@gmail.com

Let's strap on our snowshoes for this climb up to a great view of Lake George. Some snowshoeing experience is recommended. Proper winter layering (NO COTTON), a pack with water and food are all must-haves! Severe cold/extreme weather will cancel. Contact leader for additional details.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, January 21

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

STILLWATER LOCKS AREA

Saturday, January 24

Type: Hike

Time: 9:00 a.m.

Rating: C

Rich Crammond 584-2380

Meet at the small parking area between the Stillwater bridges. This small hike or snowshoe will take us along the Hudson and Hoosick rivers. A good place to see bald eagles for sure. We saw a nice one last January. Around a mile or so at a slow pace. We may need snowshoes — and warm gear for sure.

PHELPS MOUNTAIN

Saturday, January 24

Type: Hike

Time: 7:00 a.m.

Rating: A+

Jack Whitney 793-9210 jack1758@roadrunner.com

A 9-mile round trip High Peak hike. We start at HPIC and take the Van Hoevenberg Trail to the junction for Phelps. It is then a little over a mile to the summit. For beginning snowshoers wishing to do a High Peak, this is your opportunity.

WEDNESDAY OUTINGS — LEADER'S CHOICE

Wednesday, January 28

Type: Walk/Hike/Ski

Time: 9ish - ?

Rating: C-

See beginning of Outings for details

PYRAMID & GOTHICS

Saturday, January 31

Type: Hike

Time: 6:30 a.m.

Rating: A

Steve Mackey 793-6484 smackey33@verizon.net

At this point I would like to ski the Ausable Road, ditch the skis, climb the peaks, return the same route, and ski out. However, if the ski conditions aren't good I would be open to going over Armstrong and Upper Wolf Jaw. Distance is around 12 miles, though 6.6 miles is on the Lake Road that we hopefully will ski. Ascent is 2,870'+. The guidebook says "offers what may well be the most spectacular view in the Adirondacks from the summit of Pyramid just below the summit of Gothics."

New feature on website!

So, the weather looks great for time on the trail this weekend. But, you had one particular destination in mind to spend your time and its not on the GFS outing schedule. Don't worry! You can submit an unscheduled hike to be posted on the website and invite others to join you! This is a great informal way to find trail companions when you want to do something that is not offered at the time you want to do it. These hikes are not ADK hikes and are not subject to protections of ADK or insurance.



Tuesday Evening Paddles: Hudson River, May 27, Maureen Coutant, 13 participants

- It was another big turnout on a very blustery day. We rode the waves that the wind blew up from South Glens Falls until the river bent. Then we paddled past Haviland's Cove to the beginning of the Feeder Canal. Dreading the trip back against the wind, most of us headed out of the Hudson and into the Feeder Canal to get back across the river from where we started. Thanks to the group who fought the wind and returned to the cars. They then shuttled the drivers from our group back to the cars. Afterward, many from the group warmed up with a bite to eat and something to drink at Jake's. Participants: Joanne Armstrong, Maureen Coutant, Licia and Steve Mackey, Joy Muller McCoola, Jacob McCoola, George Sammons, Alison Saville, Fred and Sandy Songoylo, Marti Tucker, Vicky Warren, Brooke Witham.

Vermont Secret Orchid Photo Hike, June 1, Jean Holcomb and Jack Whitney, 6 participants

- Under rain-threatening skies the group headed to Vermont to seek out a secret location for the purpose of viewing and photographing some beautiful flowers, especially orchids. Bird watching and multiple little red efts were an added attraction. Wild turkeys and partridges were seen along the way and once on the trail, the flowers did not disappoint us — Jack-in-the-pulpits, many ferns, yellow lady's slipper orchids, Canada violets, wild ginger, baneberry, false Solomon's Seal, Herb Robert's and pink alpine azalea were all to be enjoyed on this fine nature walk. Participants: Terry Peek, Pat Desbiens, Ray Bouchard, Ely Fuller, Jean Holcomb, Jack Whitney.

Henderson Lake Exploration, August 2, Bob Aspholm, 8 participants

- Not much to say about this one; we started out good and paddled across the lake and saw some loons, went up to the lean-to and waited out the first cloudburst and then headed out across the lake and were rained on again. Soaking wet, we took out at the beach and headed home to dry out. Participants: Bob Aspholm, Jayne Boudier, Bernard Grossman, Chris Grossman, Licia Mackey, Steve Mackey, Reg Prouty, Miok Salz, Rich Salz.

Tuesday Evening Paddle — Schroon River, August 5, Maureen Coutant, 12 participants

- Last year we saw all kinds of beaver activity, but this year none! Hmmm ... hiding? Water too high? Relocated? We had a nice paddle anyway. Thankfully, we drove north of what looked like a possible storm and only Gen got wet when she went for a dip in the river. Participants: Joanne Armstrong, John Caffry, Gen, Jim and Mo Coutant, Gail Epstein, Licia and Steve Mackey, Gary Rodd, Nancy Rozelle, George Sammons, Marti Tucker.

Raquette Lake, August 9-10, Jayne Boudier, 3 participants

- Tim and Mary treated this leader to a lesson on canoe carrying and bushwacking on the overgrown Beaver Brook inlet, heading toward the lake. I got a new appreciation for open leads. Ice cream cones at Raquette Lake Village afterward were deserved. Great adventure! Participants: Jayne Boudier, Tim and Mary Ward.

Tuesday evening paddle — Lake Luzerne, August 19, Maureen Coutant, 8 participants

- One benefit of all the rain we've received is that the water level was so high in mid-August. High enough to paddle much farther up the inlet than I expected. It was great to be able to share this section with the group. Maybe some of them will be able to get back before the water level drops and get to the next lake — we didn't quite make it before running out of daylight. Participants: Maureen Coutant, Charlie and Linda Czech, Beth and Steve Gurzler, George Sammons, Bill Thomas, Rudy Tomasik.

Panther, Couchsachrag and Santanoni, August 23, Bill Carpenter, 14 participants

- A special congratulations to Jane Stine who became a 46'er on Couchsachrag, joining her husband and son in this inspired group. Also, many "kudos" to the others who did some, or all of the three mountains on this great day! Participants: Jane Stine, Jim Stine, Colin Bulkwurst, Alan Gutman, Glenn Greibus, Jay Fitzgerald, Dan Monroe, Vince Weeks, Jonathan Lane, Madeline Kowalik-Bova, Margaret O'Keefe, Lisa Albrecht, Jack Whitney, Bill Carpenter.

Seymour, August 31, Bill Carpenter, 10 participants

- "Wow! I did it! Knees, back, whatever it took, I am a 46'er," said Sandy Yellen. What an inspiration to all hikers, and especially to those of us who shared her joy: Alison Darbee, Dan Monroe, Jonathan Lane, Marianne Comfort, Tim Brooks, Jim Lofthouse, Dan Moellman, Trisha Lockwood, Jason Lasky, Bill Carpenter.

Tuesday Evening Paddle — Spier Falls Hudson River, September 1, Maureen Coutant, 9 participants

- This section of the Hudson is always enjoyable. This trip was even more beautiful than usual due to the cardinal flowers intermixed with abundant mystery yellow flowers. Plus the river was a nice smooth reflective surface ... go to our Chapter website for photos! Participants: Joanne Armstrong, Jim and Mo Coutant, Licia & Steve Mackey, Alison Seville, Bill Thomas, Rudy Tomasik and Bonnie? Beth?



Wednesday Morning Walk — South Glens Falls walkway, September 17, Maureen Coutant, 8 participants

- We started the Wednesday walk/hike series for the season at one of our favorite spots. We walked along the Harry Betar Walkway in South Glens Falls. This walkway is along the Hudson River and site of many of South Glens Falls' old waterworks. The trail also continues along a bluff above the river and South Glens Falls beach. It was a great way to start the fall. Participants: Mace Comora, Maureen Coutant, John and Suzanne Hinchliffe, Dick Pratt, George and Irene Sammons, Victoria Warren.

Wednesday Evening Paddle — Lake George, September 17, Maureen Coutant, 6 participants

- The tourists had left and the lake was ours to quietly explore. We paddled along the east side of the lake from Million Dollar Beach and got back just as darkness was setting in. It's great to enjoy the Lake pre- and post-season ... it is beautiful! Participants: Maureen Coutant, Licia and Steve Mackey, George Sammons, Charlotte Smith, Jan Stephens.

Cliffs and Falls, September 20, Jonathan Lane, 5 participants

- What a beautiful day! We made our way up the lake road, then took a trail up to Fishhawk Cliffs, which was as spectacular as always. We then made our way over to nearby Indian Head, then down to the dam. A short jaunt over to Rainbow Falls, it was like stepping into a lost world where we wouldn't have been surprised to see an ancient creature peek its head out from behind a moss-covered log. After enjoying a bite to eat while gazing at the wonderous waterfalls, we headed to Beaver Meadow Falls, which was as beautiful as always. Overall, we enjoyed good company and encountered many breathtaking views. This is definitely a trip to be repeated! Participants: John Arrillucea, Annie Dagastine, Jonathan Lane, Jason Lasky, Kyle Shollenberger.

Wed Morning Hike — Pilot Knob Ridge, September 24, Maureen Coutant, 8 participants

- We've hiked to the gazebo many times but never up to the waterfall about 1.5 miles farther. This time that was our destination. Although we hadn't had any rain in almost two weeks, we renamed it a watergurgle. We were all glad we checked out this spot and we also found the geocache in this area. A first for most in the group. Participants: Mace Comora, Maureen Coutant, Nancy Glover, Beth Gurzler, Albina Ientile, Licia Mackey, George Sammons, Gretchen Stark.

Tuesday Evening Paddle — Moreau Lake, September 30, Maureen Coutant, 6 participants

- The skies cleared and the lake was like glass! The trees weren't at peak, but hinted at the fall spectacle around the corner. We saw many turkey vultures in the trees just along the shore, beaver lodges and signs and had a nice relaxing paddle. Participants: Maureen Coutant, Linda Rastinehad, George Sammons, Bill Thomas, Linda Thomas, Rudy Tomasik.

Get bear-proof storage containers

Have everything packed and ready before you leave home!

Backpackers' Cache

8.8" dia. X 12" long, weight 2.7 lbs.

Designed to slip into your backpack.

These bear-proof canisters are required in the Eastern High Peaks Zone and are important to use on any backcountry overnight adventure to any backpacking or canoe camping destination.

Rental Rates:

1-3 days \$5.00

4-7 days \$10.00

Call Jim Schneider 518-581-9367 to reserve your canister rental. Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.

Why not start the Fire Tower Challenge?

Why not start the Fire Tower Challenge sponsored by your Glens Falls-Saratoga Chapter? This is a perfect time to hike some new trails and get a great view from on high! Visit www.adk-gfs.org for more information on the Fire Tower Challenge.

Receive Chepontuc via e-mail

The Opt-out feature is live! If you want to receive *Chepontuc Footnotes* via e-mail rather than postal mail visit our website at www.ADK-GFS.org.



Outing instructions

For more detailed information on Chapter Outings, see the "Glens Falls-Saratoga Chapter Handbook."

SIGN UP

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Panera Bread unless otherwise noted in the trip description. Be there and ready to depart at the posted time (directions below).

MEETING PLACE INFORMATION

PANERA BREAD

Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3

• From NORTHWAY (I-87)

Take Exit 19 and go east on AVIATION/QUAKER Road. Follow .5 mile to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTHWAY PLAZA. Then take a left at the four-way stop, and park in front of Panera Bread.

TRAVEL INFORMATION/CAR POOLS

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it's helpful to the 'regulars' to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

PARTICIPATION GUIDELINES

Leaders are responsible to evaluate interested parties' fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions.

*Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip. Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (AND RECENTLY) AND ARE IN GOOD SHAPE AS NECESSARY FOR THAT OUTING.**

*ADK Liability Waiver must be provided by Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors.

*No Pets allowed on outings except where designated in the description.

RATINGS

Hike Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	8-12	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	5-8	5-6
C	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

HIKING NEEDS/PREPARATION/EQUIPMENT

Bring Trail Food and plenty of Water on ALL hikes! *Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. — NOT 100% Cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don't trust the forecast or the sky based on the start of the day. Be prepared!

SPECIAL WINTER NEEDS

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants will can expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented "Shell" pants, jackets and mittens are commonly used with warm layers beneath.

BECOME AN OUTINGS LEADER

Ask any Chapter Leader for details. Offer to CO-lead to get the 'experience'! We're always looking for new leaders to help share the fun while "filling in the calendar." New faces offer more varied outings while sharing their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 3 of newsletter)

Program and meeting directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below.

More detailed information and maps can be found under "Programs" on the Chapter Web page: www.adk-gfs.org

SARATOGA SPRINGS PUBLIC LIBRARY

Henry St., Saratoga Springs, NY 12866, 584-7860

• From NORTHWAY (I-87)

Take Exit 14 onto Route 9P north (UNION AVE). Proceed 1.5 miles, past three traffic lights to a T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. for two blocks. RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

• From ROUTE 9 and ROUTE 50

Route 9 and route 50 converge to become the main street, Broadway, in downtown Saratoga Springs. Follow into downtown, up to the main street (BROADWAY). Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. (Parking as described above)

FIRST PRESBYTERIAN CHURCH OF GLENS FALLS

400 Glen St., Glens Falls, NY 12801, 793-2521

• From NORTHWAY (I-87)

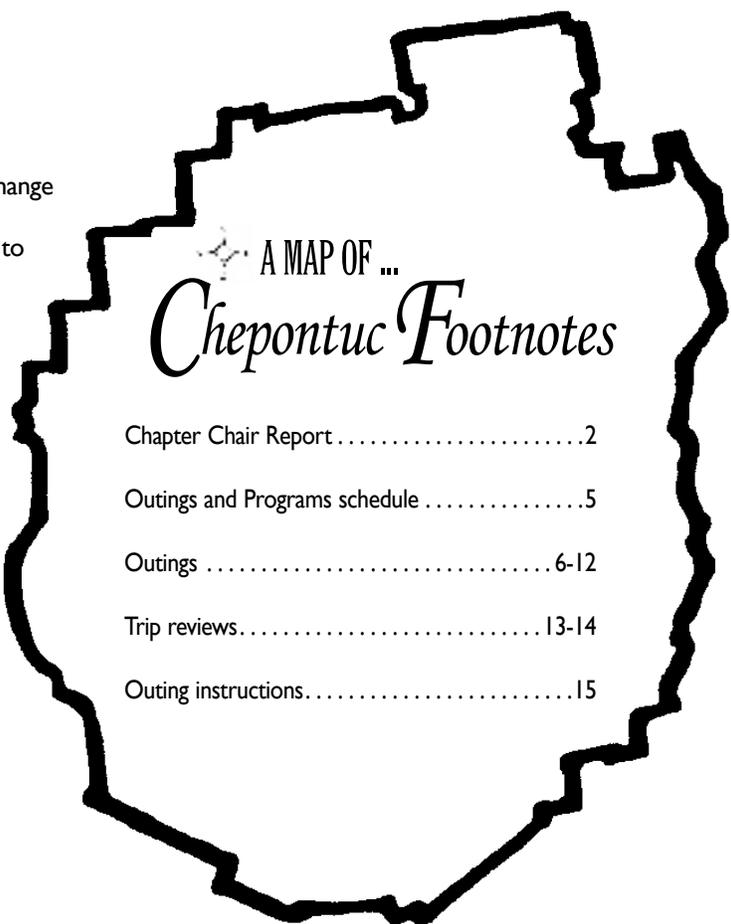
Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and make next LEFT onto NOTRE DAME (church is on corner) Park in rear.



Are you moving?

If you are moving, please forward your change of address, including new phone number, to Adirondack Mountain Club, 814 Goggins Road, Lake George, New York 12845.

You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club. Therefore, any change of address need NOT be sent to the Chapter — one form or one call to the Club is all you need.



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Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
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