



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

Learn winter mountaineering skills

Would you like to learn new winter skills? Do you need to refine some existing skills? Are you looking to expand your 3-season fun into the fourth season? Winter Mountaineering School may be the place for you!

This winter, three sections will be offered — all of which will include instruction in climbing steep terrain using crampons and ice axes, honing snowshoeing skills, winter trip planning, mountain safety, navigation, and opportunities for above tree-line travel in winter.

2009 Winter Mountaineering School will be based out of the ADK Loj from January 30-February 5. The deadline for registration is January 5, 2009.

Weekend Day-Hiking Section: This section begins the morning of Friday, January 30 and ends at noon on Monday,

This winter, three sections will be offered — all of which will include instruction in climbing steep terrain using crampons and ice axes, honing snowshoeing skills, winter trip planning, mountain safety, navigation, and opportunities for above tree-line travel in winter.

February 2. It features lectures and workshops Friday and Saturday, shorter hikes on Saturday and Monday, and various levels of hikes on Sunday, including an Adirondacks high peak climb on Sunday

(\$340.00).

Weekend Backpacking Section: This section begins the morning of Friday, January 30, and ends Monday afternoon, February 2. It features lectures and workshops on Friday, followed by a Saturday-to-Monday instructional backpack into a remote area, with an Adirondacks High Peak climb on Sunday (\$320.00).

Week Long Combination Day Hikes/Backpacking: This section includes all the activities of the weekend day-hiking section, followed by a backpack from Monday-to-Thursday into a remote area for additional ascents and instruction. The weeklong combination program begins the morning of Friday, January 30, and ends on Thursday, February 5 (\$390.00).

For more information and an application: www.winterschool.org or contact the ADK at: 518-523-3441.

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.

Embrace winter, it will love you back

BY HEIDI teRIELE KARKOSKI

As your new Chapter Chair, I extend to you wishes for a happy and safe New Year. Winter weather greeted us early this year and as usual I wasn't "ready".

I am never ready to give up the Tevas and t-shirts when autumn arrives and the first few nights of below-freezing weather are

the signal to prepare myself for the onslaught of winter. I am a glove person. Mittens also rate very high and I have dozens of pairs, suited for every possibility I might encounter. I am never without a pair of some sort in my car — I have a set I call the "car gloves" that are on board year-round. So maybe I am more prepared for winter than I thought. The key though, is to be mentally prepared.

Until I learned to embrace winter, the season seemed long and unforgiving at times. Through the joy of snowshoeing I found that with the right attitude, I could debunk most of the arguments against winter that used to flow from me like water down John's Brook. When a chapter hike leader asked me if I ever considered winter hiking, I quickly responded that I just couldn't do that — it's too cold, I have frostbite, I've never used snowshoes, hiking in the summer suits me best. You know, the Tevas and t-shirts.

I joined the same hike leader on an introductory snowshoe trip a couple of years later. The enthusiasm for winter hiking I heard from other ADKers and my burgeoning love for being in the Adirondacks prompted me to give it a try. The first test was

the near zero degree temperatures at the parking lot of the St. Regis mountain trailhead. "The parking lot is the coldest part," I heard said. That turned out to be true and I enjoyed an

CHAPTER CHAIR Report

exhilarating day crunching through the snow to the base of the fire tower. I found humor in the fact that until then, I had never seen lettuce

shatter like glass and fall like confetti from the edges of a half-frozen sandwich. I had a lot to learn, but I had found an invaluable resource in the programs and outings of ADK and our chapter.

Our outings leaders are offering several opportunities this season for beginner snowshoers. If you are a three-season hiker who wants to explore the possibility of winter hiking, I urge you to give it a try. Check out the club's bookstore for information and inspiration to help you along the way. Leaders can advise you on what equipment is recommended for an outing. Most importantly, bring your can-do attitude (and extra gloves).

If you want a wilderness experience without donning gloves and gaiters, don't miss the January 15 program: "An Alaskan Adventure". John and Dan present popular programs featuring beautiful photography and animated discussion about their journeys. This is a great way to get together with outdoor enthusiasts indoors on a frosty evening.

I hope to see you on the trails this winter. The sky is bluer, the air fresher, and the woods seem impossibly quiet. Winter is a gift — unwrap it and enjoy!

Chepontuc Footnotes

Published Bimonthly
Glens Falls-Saratoga Chapter
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Education Corner

It's a quiet time for the Education Committee.

December is upon us as of this writing and we are anxiously awaiting applications for our summer scholarships to Camp Colby, Pack Forest and for the ADK Teen Trail program. Information and applications can be found at the Education link on our website. A reminder ... the deadline is January 7.

Hopefully, we will match, if not surpass, the interest shown last year.

We're also always on the lookout for new committee members and new ideas to help us reach out to area youth and educate them in fun and interesting ways about our environment, hiking and the like.

If interested in joining our committee, in submitting an idea for us to pursue, or if you have any questions regarding our camp sponsorships, please contact:

Linda Ranado
18 Pine Ridge Road
Hadley, New York 12835
lranado@hotmail.com
(518) 696-7265

— Linda Ranado, Education Chair

Seeking new Programs Chair and Newsletter Editor

While the Chapter continues to seek a new programs chair we are also seeking a newsletter editor. Both positions are key to communicating with the membership and providing much needed services. Mentoring is available for both positions. Advances in our on-line capabilities has made the work of compiling newsletter items a breeze. Contact Heidi teRiele Karkoski if you are interested in volunteering at eveweallski@yahoo.com or 585-7206.

Bear-proof storage containers available

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.



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



New members

GF-S CHAPTER

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

SEPTEMBER/OCTOBER 2008

- Roger Ahrens, Fort Edward
- Michael Baker, Queensbury
- Jim & Meg Casey, Hartford, Connecticut
- Bill Chase, Queensbury
- Lana, Robert & Broc Christiansen, Hudson Falls
- John & Sereena Coombes, Queensbury
- Matthew & Mary Kate Coseo, Saratoga Springs
- Gail & Russell Danforth, Gansevoort
- Keith Davidson, Glens Falls
- Douglas Dun, Bronxville, New York
- James P. Edwards, Ballston Spa
- Tom Filkins, Northville
- Bret, Susan & Maggie Fischer, Bernardsville, New Jersey
- Laura Frare, Porter Corners
- Lori & Danny Frieden, Clifton Park
- Thomas Gibney, Ballston Spa
- Mark, Karen & Anne Guisepppe, Queensbury
- Sarah Harbour, Hadley
- Barbara Hefter, Saratoga Springs
- Sarah Hoy, Glens Falls
- Ann Hurley, Granville
- Phoebe Jackson, Fort Ann
- Matthew Kostyal, Saratoga Springs
- Paul Martin & Margaret Conroy-Martin, Troy
- Brian McCarty, Queensbury
- Howard Pryor, Cranford, New Jersey
- Terry Remillard, Mechanicville
- Eric Schnakenberg, Clifton Park
- David Sperry, Lake George
- Ray Sprague, Fort Jones, California
- Nathan Stowell & Lindsay Bishop, Glens Falls
- Michael & Tonya Terenzetti & Christine Usack, Saratoga Springs
- Rudy & Kathryn Tomasik, Ballston Spa
- Meredith & Bill Vanderminde, Queensbury
- Thomas Varney, Portsmouth, Rhode Island
- Gary Vermilyea, Clifton Park
- Jill, Dan & Ben Wagner, Oakton, Virginia
- Helen Whitaker, Diamond Point
- Michael & Kathleen Bokan, West Charlton
- Leah Boughton & Scott Parilla, Gansevoort
- Kyle Cazzens, Fort Edward
- Bob, Patricia & Noelle Comute, Saratoga Springs
- Michael, Heather, Lauren & Andrew Craner, Fort Edward
- Richard Demers, Fort Ann
- Danna, Ruben, Ruben J. & Emily Ellsworth, Lake George
- Paul Fracchia, Queensbury
- JoAnn Gametz, Troy
- David Gardner, Newtown, Connecticut
- Carolyn, Fred & Fred Genier, Mechanicville
- Taegan Grill, Saratoga Springs
- Severo, Emma, Kelly, Ross & Jake Gunnawa, Glens Falls
- Michelle & James Hoegel, Malta
- Deborah & Bill Hoffman, Rexford
- Anna Jolly, Saratoga Springs
- Ashley Ketcham, Hartford
- Jennifer, Ron, Harrison, Rebecca & Stephen Kim, Saratoga Springs
- Kariel Kohane, Albany
- Angela Marciano & Eric Williams, Saratoga Springs
- Marcia Martin & John Foster, Greenfield Center
- Lucas Meyers, Saratoga Springs
- Megan O'Rourke, Saratoga Springs
- Amy Palmer & Matt Reynolds, South Glens Falls
- Jessica Ryle, Glens Falls
- Ashley, Tyler & Jack Spangenberg, Gansevoort
- Coleen, Scott & Dan Stevens, Scotia

Conservation News

By Jacki Bave

Floatplanes on Lows Lake — In October, the Adirondack Park Agency voted 6 to 5 to reject DEC's proposal to allow continued use of floatplanes on Lows Lake. Planes were supposed to be prohibited beginning in 2008, but DEC had sought to amend the Unit Management Plan and allow floatplanes to continue to land on the lake for another 10 years. The APA's commissioners determined that such use would be in violation of the Adirondack Park State Land Master Plan, as ADK and other environmental groups had asserted in a pending lawsuit against DEC. The SLMP's primary management goal for the Lows Lake Primitive Area is for motorless use, except for motorboats belonging to owners of the few private lands remaining on the lake. The lake is a link to wilderness canoe routes in the Park, and preservation of its wild character is a major objective of the plan. It is expected that DEC will attempt to bring a compromise measure, such as a four-year extension, before the APA for another vote. ADK remains committed to pursuing its lawsuit, if necessary, and maintaining the integrity of the State Land Master Plan.

Spruce Mountain Fire Tower — The Spruce

Mountain Fire Tower, the tallest publicly-owned tower in the Adirondacks, is one of the destinations on the GF-S Chapter's Fire Tower Challenge. This 2003-foot mountain is located south of Corinth. A "Friends of the Spruce Mountain Fire Tower" group has been formed to plan for restoration of the tower and to establish and mark a final trail route to the tower once obstacles have been resolved to assure trail access. In 2004, Saratoga PLAN purchased a hundred-acre parcel of land that included a portion of the trail. The remaining sections of the 1.1-mile trail cross a patchwork of other properties belonging to DEC, Saratoga County and Lyme Timber. At present, there is no legal access to the tower because of the privately-owned portions, but DEC is pursuing an agreement with Lyme Timber for a recreational easement across their property. Saratoga County recently relocated the emergency radio tower they had operated on Spruce Mountain, and will begin to remove their structures on the summit and restore the area to its natural condition. After completing the clean-up, the county will transfer 2 acres at the summit, including the fire tower, to DEC, pending Adirondack Park Agency approval. Once legal trail access and tower ownership issues have been resolved, restoration efforts can begin. Paul Laskey, author of "The Fire Observation Towers of New York State", has agreed to chair the Friends of Spruce Mountain Fire Tower group, and Saratoga PLAN will facilitate the efforts until the group is underway. If you are interested in joining the group and helping in the restoration, contact Andy Fyfe, Stewardship and Education Coordinator at Saratoga PLAN (andy@saratogaplan.org).



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: January 7, February 4, March 4

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: March 18

January

1	Thu	Snowshoe	Buck Mountain Annual New Year's Day Hike	Reg Prouty, Bob Aspholm	B
3	Sat	Hike/Snowshoe	Murphy, Middle and Bennet Lakes	Ray Bouchard	B
4	Sun	Snowshoe	Nye and Street	Bill Carpenter	A+
4	Sun	Snowshoe	Introduction to Snowshoe Hike	Pat Desbiens, Sandy Yellen	B-
6	Tue	Walk/Ski/Snowshoe	Leader's Choice	Maureen Coutant	D/B
7	Wed	Meeting	Executive Committee (Glens Falls)	Heidi Karkoski	NR
10	Sat	Hike	High Peak — Basin	Jack Whitney, Jean Holcomb	A+
10	Sat	Hike	YMG — Hurricane Mountain Fire Tower	Jonathan Lane, M. Kowalik-Bova	B
10	Sat	Snowshoe	Hoffman Notch	Bill Morse	B
11	Sun	Hike	Elizabethtown #4	Jayne Boudier	A
11	Sun	Hike	Amperand Mountain	Steve Mackey	B
11	Sun	Walk/Ski/Snowshoe	Leader's Choice — Dog Friendly	Jessica Gottung	C
13	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
15	Thu	Program	An Alaskan adventure	John Schneider, Dan D'Angelico	NR
17	Sat	Hike	YMG — Phelps	Jonathan Lane, Kyle Shollenberger	B+
17	Sat	Ski	Camp Santatoni Preserve X-Country Ski	Alison Darbee	B+
18	Sun	Hike/Snowshoe	Winter High Peak — Leader's Choice	Bill Carpenter	A+
19	Mon	Snowshoe	YMG — Buck Mountain	Alison Darbee	B+
20	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
21	Wed	Meeting	Outing Leader's (Lake George)	Jack Whitney	NR
24	Sat	Hike/Snowshoe	Winter High Peak: Tabletop Mountain	Jack Whitney	A
24	Sat	Snowshoe	Stillwater Locks Area	Rich Crammond	C
25	Sun	Hike/Snowshoe	Wallface	Jayne Boudier	A+
25	Sun	Hike/Snowshoe	Leader's Choice Snowshoe	Bill Schwarz	B
27	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
31	Sat	Ski	Pyramid and Gothics	Steve Mackey	A

February

1	Sun	Hike/Snowshoe	Pilot Knob	Jack Whitney	B-
1	Sun	Hike	Mount Marshall	Mike McLean	A
1	Sun	Ski	Prospect Mountain	Pat McCullough	B
3	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
4	Wed	Meeting	Executive Committee (Saratoga)	Heidi Karkoski	NR
7	Sat	Hike/Snowshoe	Crane Mountain and Crane Pond Loop	Ray Bouchard	B+
7	Sat	Snowshoe	Mount Colden	Pat McCullough	A+
8	Sun	Ski	Leader's Choice Local XC Ski	Bill Schwarz	B
8	Sun	Snowshoe	Dial and Nippletop — Winter High Peaks	Jean Holcomb, Jayne Boudier	A+
10	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
14	Sat	Ski	Whiteface	Steve Mackey, Licia Mackey	B+
15	Sun	Hike/Snowshoe	YMG — Wright Peak — High Peak	Jonathan Lane, M. Kowalik-Bova	B+
15	Sun	Snowshoe	Spectacle Pond	Pat Desbiens	C
17	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
21	Sat	Walk/Ski/Snowshoe	Leader's Choice — Dog Friendly	Jessica Gottung	C
22	Sun	Hike/Snowshoe	Santanoni	Jayne Boudier, Jean Holcomb	A+
22	Sun	Hike/Snowshoe	Rooster Comb & Snow Mountains	Jack Whitney	B+
24	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
28	Sat	Hike/Snowshoe	YMG — Lower Wolf Jaw — High Peak	Jonathan Lane, Annie Dagastine	B+
28	Sat	Snowshoe	Black Mountain Loop	Bill Morse	B+

March

1	Sun	Hike/Snowshoe	Five Mile Mountain	Jack Whitney	B
3	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
4	Wed	Meeting	Executive Committee (Glens Falls)	Heidi Karkoski	NR
7	Sat	Snowshoe	Marcy, Gray, Skylight	Steve Mackey	A+
8	Sun	Hike/Snowshoe	Lost Pond Peak	Jayne Boudier	A+
10	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
14	Sat	Hike/Snowshoe	Moreau Lake: Eastern Ridge Trail	Ray Bouchard	B
15	Sun	Snowshoe	Giant & Rocky Peak Ridge	Pat McCullough	A+
17	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
18	Wed	Meeting	Outing Leaders Meeting	Jack Whitney	NR
21	Sat	Hike/Snowshoe	YMG — Goodnow Mountain — Fire Tower	Jonathan Lane, Annie Dagastine	C+
24	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
28	Sat	Snowshoe	Pharaoh Mountain	Bill Morse	B+
29	Sun	Snowshoe	Cascade & Porter	Pat McCullough	A
31	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B



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.*

BUCK MOUNTAIN ANNUAL NEW YEAR'S DAY HIKE/ SNOWSHOE

Thursday, January 1,

Time: 9:00 a.m.

Rating: B

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

CoBob Aspholm

We will snowshoe or hike from Pilot Knob ascending 2000 feet to the 2344 foot summit at a moderate pace. Round trip is 6.6 miles. Meet at Panera Bread in queensbury at 9:00 AM.

HIKE/SNOWSHOE: MURPHY, MIDDLE & BENNET LAKES

Saturday, January 3

Time: 8:00 a.m.

Rating: B

Ray Bouchard 893-7314 or rayboo_66@earthlink.net

We'll hike the 7.2-mile-long trail from north to south to take advantage of the overall 500-ft. drop in elevation. The trail begins on Pumpkin Hollow Road and ends on Creek Road. The trail is composed of gentle ups and downs. I will strive for an easy hiking pace so that we might enjoy each others' company.

SNOWSHOE: NYE AND STREET

Sunday, January 4

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.

SNOWSHOE: INTRODUCTION TO SNOWSHOE HIKE

Sunday, January 4

Time: 9:00 a.m.

Rating: B-

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

CoSandy Yellen

The destination for this trip will be determined by the snow or lack thereof on January 4. 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.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, January 6

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE: HIGH PEAK — BASIN

Saturday, January 10

Time: 5:00 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@roadrunner.com

CoJean Holcomb 583-0658 or jchiker@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.

HIKE: YMG — HURRICANE MOUNTAIN FIRE TOWER

Saturday, January 10

Time: 7:00 a.m.

Rating: B

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

CoMadeline 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.

SNOWSHOE: HOFFMAN NOTCH

Saturday, January 10

Time: 8:00 a.m.

Rating: B

Bill Morse 585-9153 or 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 a beautiful and passes two ponds, goes over an old beaver dam through some very beautiful wilderness. The trail has gentle ups and downs so it is perfect for someone just beginning to snowshoe. Bring your lunch. We meet at the Grand Union on Route 9 in the center of Schroon Lake.

HIKE: ELIZABETHTOWN #4

Sunday, January 11

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

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



HIKE: AMPERSAND MOUNTAIN

Sunday, January 11

Time: 8:00 a.m.

Rating: B

Steve Mackey 793-6484 or smackey33@verizon.net

This hike is about 5.4 miles and 1,775 ft. 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.

WALK/SKI/SNOWSHOE: LEADER'S CHOICE — DOG FRIENDLY

Sunday, January 11

Time: 9:00 a.m.

Rating: C

Jessica Gottung 725-3859

The amount of snow will determine whether we will put on the hiking boots, skis or snowshoes. Location could be Rockwood Forest, Kane Mountain or another spot in the Fulton County area, plan on about 5 miles with minimal elevation. For safety and comfort the group size is limited to four adults and two dogs. Contact leader by 1/4/09 if you are interested in bringing your friendly pooch.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, January 13

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE: YMG — PHELPS

Saturday, January 17

Time: 6:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

CoKyle 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.

SKI: CAMP SANTATONI PRESERVE X-COUNTRY SKI

Saturday, January 17

Time: 5:45 a.m.

Rating: B+

Alison Darbee 812-0022 or 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.

HIKE/SNOWSHOE: WINTER HIGH PEAK — LEADER'S CHOICE

Sunday, January 18

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.

SNOWSHOE: YMG — BUCK MOUNTAIN

Monday, January 19

Time: 7:00 a.m.

Rating: B+

Alison Darbee 812-0022 or 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.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, January 20

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE/SNOWSHOE: WINTER HIGH PEAK — TABLETOP MOUNTAIN

Saturday, January 24

Time: 6:30 a.m.

Rating: A

Jack Whitney 793-9210 or jack1758@roadrunner.com

A 10- to 11-mile round trip High Peak hike. We will start at HPIC and take the Van Hoevenberg Trail to the junction just before Indian Falls. For the advanced beginner this snowshoe is for you. A great mid-winter hike.

SNOWSHOE: STILLWATER LOCKS AREA

Saturday, January 24

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.



HIKE/SNOWSHOE: WALLFACE

Sunday, January 25

Time: 6:00 a.m.

Rating: A+

Jayne Boudier 793-3770 or boudier@capital.net

This is #71 of the Adirondack 100 highest, and is supposed to have great views. Approximately 11 miles (2 trailless) and 1,600 ft. ascent, at a moderate pace with time to stop. From Adirondack Loj.

HIKE/SNOWSHOE: LEADER'S CHOICE SNOWSHOE

Sunday, January 25

Time: 8:00 a.m.

Rating: B

Bill Schwarz 518-307-6091 or bschwarz@nycap.rr.com

We probably go to Moreau State Park. New trails in western section aren't flat! Expect to travel 5-6 miles with plenty of short ups and downs. Otherwise, we could go to Saratoga Battlefield or Lake George Rec Center. We hike if snow is scarce.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, January 27

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

SKI: PYRAMID AND GOTHICS

Saturday, January 31

Time: 6:30 a.m.

Rating: A

Steve Mackey 793-6484 or 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."

HIKE/SNOWSHOE: PILOT KNOB

Sunday, February 1

Time: 8:30 a.m.

Rating: B-

Jack Whitney 793-9210 or jack1758@roadrunner.com

An easy beginner snowshoe with great views of Lake George. A good time to enjoy the winter scenery. If you have any questions on what to wear call leader for details.

HIKE: MOUNT MARSHALL

Sunday, February 1

Time: 7:00 a.m.

Rating: A

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

7 a.m. at Upper Works Parking Lot. We will hike in from Upper Works and then gradually up to Flowed Lands, then make our way over to and then up Herbert Brook. From there to the top of Marshall. Nice views can be had on the ascent and from the summit if the weather cooperates. We will follow our tracks all the way back to our cars. About 12 miles round trip.

SKI: PROSPECT MOUNTAIN

Sunday, February 1

Time: 9:00 a.m.

Rating: B

Pat McCullough 798-3186 or pmccul@gmail.com

I scheduled this easy ski and climb on Super Bowl Sunday so that we could burn off the nachos, chicken wings, and beer before we sit down for the game. It is about nine miles round trip with about 2,000 feet of vertical. The climb is very gradual up the access road and the trail is groomed for the snowmobiles. Great views of Lake George from the top.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, February 3

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE/SNOWSHOE: CRANE MOUNTAIN AND CRANE POND LOOP

Saturday, February 7

Time: 8:00 a.m.

Rating: B+

Ray Bouchard 893-7314 or rayboo_66@earthlink.net

Crane Mountain is located near Garnet Lake and offers views of Mount Blue, Hadley, and Moose mountains, among others. The relatively short 1.4-mile climb to the summit belies the fact that there is a nearly 1,200' elevation gain. It is steep enough at one point to warrant the use of a ladder. Once we reach the top we'll descend to Crane Pond then loop back to the trail we came in on. If there isn't enough snow for snowshoes then I would highly recommend crampons with a good biting surface. The trail, especially the open rock faces are frequently covered in ice at this time of year and can be treacherous. Ascent 1,154 ft.; Total trail length is about 2.8 miles; Elevation is 3,254 ft.



SNOWSHOE: MOUNT COLDEN

Saturday, February 7

Time: 8:30 a.m.

Rating: A+

Pat McCullough 798-3186 or pmccul@gmail.com

Meeting place will be at the Heart Lake HPIC. All the necessary items for a classic winter hike. About 12 miles round trip with about 2,500 feet of vertical. We will go in by way of Lake Arnold. Depending on conditions, we may return by way of Avalanche Lake.

SKI: LEADERS CHOICE LOCAL XC SKI

Sunday February 8

Time: 8:30 a.m.

Rating: B

Bill Schwarz 518-307-6091 or bschwarz@nycap.rr.com

If there's local snow, we'll look for some different ski opportunities — maybe the Lake George Bike Path, or Feeder Canal, or Saratoga Battlefield. Participants should have some off-groomed-trails experience. We'll ski about four hours, and then look for lunch — but bring water and munchies for the trail, too. Lack of snow may cancel, or make this a hike.

SNOWSHOE: DIAL AND NIPPLETOP — WINTER HIGH PEAKS

Sunday, February 8

Time: 6:00 a.m.

Rating: A+

Jean Holcomb 518-583-0658 or jholcomb5@nycap.rr.com

Coleader: Jayne Boudier 518-793-3770 or Boudier@capital.net

Jayne is helping me out on two of my winter peaks so please come along for the ride. It's about 13 miles, six of which are Ausable Club road and parking lot trek. We will go in over Noommark shoulder and Bear Den to Dial and then come back via Elk pass. You climb four major bumps on this trip with over 4,000 elevation gain. Pace will be moderate with time out for pictures. Snowshoes and crampons are required and plan for a roadwalk back in the dark.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, February 10

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

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SKI: WHITEFACE

Saturday, February 14

Time: 8:00 a.m.

Rating: B+

Steve Mackey 793-6484 or smackey33@verizon.net

Coleader: Licia Mackey

What we would like to do, is snowshoe or bare boot up the white-face road to the summit and then sled (with flexible flier sleds down). We used to do this yearly with John Schneider, and it is a real treat if the conditions are right. If the snow is deep, plan B would be to cross country ski up and down. If there is no snow, plan C is to walk up and down. The total distance is around 7 miles. If we get to sled, you get around a 3-mile ride down and it takes around 15-20 minutes. If you are going to try and sled, you need one that will steer, because there are some major turns. Also if we go to the summit, it is always very windy, so a hood/facemask/balaclava is necessary.

HIKE/SNOWSHOE: YMG — WRIGHT PEAK

Sunday, February 15

Time: 6:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

Coleader: Madeline Kowalik-Bova mkowalikb@gmail.com

Who's up for tackling a winter High Peak? Be prepared with snowshoes, crampons, and dress in layers. Be prepared to enjoy a great day! Approximately 7.5 miles round trip with an elevation gain of 2,400 ft.

SNOWSHOE: SPECTACLE POND

Sunday, February 15

Time: 9:00 a.m.

Rating: C

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

A beginner, very easy snowshoe. Round trip distance is 3.4 miles with just a little bit of climb to the trail. Destination is a rocky promontory at the pond in the Pharaoh Lake Wilderness with excellent views of Pharaoh Mountain. If you are looking for a relaxing snowshoes in some beautiful woods — this is the hike for you. Make sure to bring a lunch and discuss with leader needed clothing and equipment.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, February 17

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.



WALK/SKI/SNOWSHOE: LEADER'S CHOICE — DOG FRIENDLY

Saturday, February 21

Time: 9:00 a.m.

Rating: C

Jessica Gottung 725-3859

The amount of snow will determine whether we will put on the hiking boots, skis or snowshoes. Location could be Rockwood Forest, Kane Mountain or another spot in the Fulton County area, plan on about 5 miles and minimal elevation. For safety and comfort the group size is limited to four adults and two dogs. Contact leader by 2/14/09 if you are interested in bringing your friendly pooch.

HIKE/SNOWSHOE: SANTANONI

Sunday, February 22

Time: 5:00 a.m.

Rating: A+

Jayne Boudier 793-3770 or boudier@capital.net

Coleader: Jean Holcomb 583-0658 or jholcomb5@nycap.rr.com

I've been wanting to re-visit Santanoni for too long. Thirteen miles, and 3,000 ft. ascent, at a moderate pace with time to stop.

HIKE/SNOWSHOE: ROOSTER COMB & SNOW MOUNTAINS

Sunday, February 22

Time: 6:45 a.m.

Rating: B+

Jack Whitney 793-9210 or jack1758@roadrunner.com

We will start off with breakfast at the Noonmark in Keene Valley. After breakfast we will cross the road, start off on the Nature Trail that intersects with the Sachs Trail that will take us to the summit of Snow Mountain. From here we will go over to Rooster Comb. Distance is about seven miles round trip with about 2,200' of elevation gain.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, February 24

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE/SNOWSHOE: YMG — LOWER WOLF JAW — HIGH PEAK

Saturday, February 28

Time: 6:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

Coleader: Annie Dagastine 225-9107

This peak may not have the best of views, but hiking up another winter High Peak is nonetheless something to howl about. Also, come help Jonathan say farewell to his 20s on this final weekend prior to his 30th birthday. Depending on weather, pace, and group desire, we may also tackle nearby Upper Wolf Jaw as well. Approximately 10 miles round trip with an elevation gain of 2,825 ft. (not counting UWJ).

SNOWSHOE: BLACK MOUNTAIN LOOP

Saturday, February 28

Time: 8:00 a.m.

Rating: B+

Bill Morse 518-585-9153 or fishermanpike@yahoo.com

This is a 6.6-mile hike where we circle around to the Lake George side of Black Mountain, go over the mountain back to where we started. Snowshoes a must, and we should not need crampons. Bring favorite snacks for the hike and be prepared for cold windy conditions. We will meet at 8 a.m. at the trailhead on Pike Brook Road.

HIKE/SNOWSHOE: FIVE MILE MOUNTAIN

Sunday, March 1

Time: 8:00 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

We will spot a car or two at Clay Meadows. We will hike north to south over Brown Mountain to Five Mile Mountain and if time permits we will go up to Fifth Peak Lean-to. Round trip distance will be about 5.5 miles over rolling terrain.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, March 3

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

SNOWSHOE: MARCY, GRAY, SKYLIGHT

Saturday, March 7

Time: 5:30 a.m.

Rating: A+

Steve Mackey 793-6484 or smackey33@verizon.net

I've done this hike a few times, around this time of year, and usually the weather is warm (for winter) and sunny. If conditions are right I would like to ski to the intersection of Phelps Brook, (a little past the Phelps turnoff), and then snowshoe from there. If the trail is hard like boilerplate (which is likely) we'll leave the skis at home or in the car. If you just want to snowshoe we'll give you a head start or wait somewhere. Sometimes there is a tremendous amount of snow on the south side of Marcy so the bushwhack to Gray might be easy. The total mileage is around 17-18 miles. We might need crampons on Marcy.

HIKE/SNOWSHOE: LOST POND PEAK

Sunday, March 8

Time: 6:00 a.m.

Rating: A+

Jayne Boudier 793-3770 or boudier@capital.net

This is #49 of the Adirondack 100 highest, and is supposed to have views. Approximately 11 miles (4 trailless) and 1,900 ft. ascent, at a moderate pace with time to stop. From Adirondack Loj.



WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, March 10

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojom@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE/SNOWSHOE: MOREAU LAKE: EASTERN RIDGE TRAIL

Saturday, March 14

Time: 8:00 a.m.

Rating: B

Ray Bouchard 893-7314 or rayboo_66@earthlink.net

The Eastern Ridge Trail doesn't offer the panoramic views of the Western Ridge Trail but it does have an array of rather impressive boulders and cliffs. If you've never seen the interior of this great trail system then now is your chance. After spotting a car at the boat launch below Spier Falls Dam we'll drive south to the beginning of the Western Ridge Trail. From there we'll follow it until it intersects with the Eastern Ridge Trail. We'll follow this trail and assorted others until we return to the car we spotted earlier in the day. Depending on which trails we finish up on the total length of the trip could be 6 to 8 miles long with an initial ascent of about 500 ft. If there isn't enough snow for snowshoes you may need crampons with a good grip due to the possibility of ice on the trail. The pace will be moderate.

SNOWSHOE: GIANT & ROCKY PEAK RIDGE

Sunday, March 15

Time: 7:00 a.m.

Rating: A+

Pat McCullough 798-3186 or pmccul@gmail.com

This is a beautiful time of year for a winter hike. About nine miles round trip with a little over 4,000 feet of vertical. If you have crampons, bring them. They can be very useful on this hike. Views are great if we get a clear day.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, March 17

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojom@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

Fire Tower Challenge

Why not start the Fire Tower Challenge sponsored by your Glens Falls-Saratoga Chapter? Visit www.adk-gfs.org for more information on the Fire Tower Challenge.

HIKE/SNOWSHOE: YMG — GOODNOW MOUNTAIN — FIRE TOWER

Saturday, March 21

Time: 8:00 a.m.

Rating: C+

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

Coleader: Annie Dagastine 225-9107

The short distance and lack of really steep terrain make this an ideal snowshoe experience for beginners. We will take our time, learn some interesting facts along the way, and enjoy the beauty that this mountain has to offer us. Approximately 3.8 miles round trip with an elevation gain of 1,040 ft.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, March 24

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojom@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

SNOWSHOE: PHARAOH MOUNTAIN

Saturday, March 28

Time: 8:00 a.m.

Rating: B+

Bill Morse 518-585-9153 or fishermanpike@yahoo.com

Pharaoh Mountain from Crane Pond. Round trip is 6 miles, but if road is not drivable it becomes a 10-mile round trip. Bring snowshoes and some lunch. If there is enough snow you can bring a plastic sheet to slide down parts of the mountain. Meet at 8 a.m. at the parking area on the road leading to Crane Pond.

SNOWSHOE: CASCADE & PORTER

Sunday, March 29

Time: 7:00 a.m.

Rating: A

Pat McCullough 798-3186 or pmccul@gmail.com

This hike is geared for rookies to winter hiking in the High Peaks. If you would like to try a winter High Peak, but have been hesitant because you are unsure of your equipment, speed, ability, or other reason, then this hike is for you. This is the fourth year I have led a rookie hike and everyone always makes the summit. I even put in a special order for sunshine and warm weather. About 7 miles round trip with about 2,500 feet of vertical.

WALK/SKI/SNOWSHOE: TUESDAY OUTING — LEADER'S CHOICE

Tuesday, March 31

Time: 9:00 a.m.

Rating: D/B

Maureen Coutant 745-7834 or mojom@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.



Pitchoff Mountain, September 20, Lorraine MacKenzie, 7 participants

- Who was luckier than us this day? Beautiful weather, multiple lookouts providing different breathtaking views, balancing rocks and fantastic people. We soaked in the atmosphere and took lots of pictures. What a great day in the woods! Participants: Jack Whitney, Rich Vinciguerra, Cathy Corrigan, Susan Eskeriada, Carolyn Cyr, Sandy Yellen, Lorraine MacKenzie.

Sawteeth, September 28, Jean Holcomb, Jayne Boudier, 10 participants

- Sawteeth never disappoints. With at least five good look out points over Ausable Lake on the way up we got some wonderful views of Indian Head and all the colorful fall beauty of the surrounding cliffs even though the peak itself was fogged in. The climb always ends with a stop at spectacular Rainbow Falls which helps to keep spirits lifted for that long three-and-a-half-mile trek back to the Ausable Club. I think this will be an annual event. Participants: Jean Holcomb, Jayne Boudier, Rich Vinciguerra, Kathy McAuley, Sandy Yellen, Lorraine McKenzie, Helen Isen, Jack Whitney, Elizabeth Craven, Shawn Neese.

Camel's Hump, October 4, Bob Aspholm, 5 participants

- A moderately cold, partly cloudy, windy day greeted us in northern Vermont as we climbed with relative ease to the ridge approaching the summit. Along the way we had stopped at Montclair Glen Lodge which was under repair. The work was geared to save an existing historic structure — maybe not a giant mansion — but a rustic cabin that had been serving Long Trail hikers many years. I'm looking forward to returning to the area to see the results. Camel's Hump summit was windy and cold as usual and crowded. We had supper at a great little eatery on the return. Participants: Bob Aspholm, George Baranuskas, Rich Vinciguerra, Carolyn Cyr, Jayne Boudier.

More of Moreau, October 5, Bill Schwarz, 4 participants

- We had a great fall day (with a little drizzle at the end) for rambling on the Palmerton Range in Moreau Lake State Park's newer western trails. We had views of Moreau Lake as we hiked interior routes closer to the lake, and then took the Western Ridge Trail which kept us close to the Hudson River for overviews of the Spier Falls Dam. The best overlook, at the south end, shows the river's bend back to the north, and we chose it for our lunch stop. There we watched five turkey vultures circling over the river (Look alive!), and then walked north back to the starting point on Spier Falls Road. Total distance: 11 miles. There are a number of other routes one could take with several crossing trails, but make sure to bring a map. Participants: Nancy Kimball, Amy Rehbit, Bill Schwarz, Jack Whitney.

Leader's Choice, Buck Mountain, October 8, Maureen Coutant, 9 participants

- This was one of our fall hikes ... and it was spectacular! We hiked up Buck Mountain from the lake side. We had great weather and the foliage was amazing. It was so nice that we even had other hikers up there on a Wednesday morning! Check out the Chapter website for photos. Participants: Ray Bouchard, Mo Coutant, Nancy Glover, Marsha LaPointe, Licia Mackey, Dick Pratt, George Sammons, Sandi Sullivan, Rudy Tomasik.

Center, Clear & John Pond & Chimney, October 11, Rich Crammond, 4 participants

- Jean found the Chimney on the top of Chimney Mountain. Mary Ann located the trail for John and Clear Ponds. Virginia also found the trail past the beaver dam and all of us found the cemetery along the Johns Brook Trail. Thanks, ladies. What a great day in the woods. The falls colors were spectacular! The Adirondacks are a nice place to hike with all the ponds and lakes that we pass along the trail. Thanks again to a great group. Participants: Virginia Touhey, Jean Holcomb, Mary Ann Moran, Rich Crammond.

Bear Run and Cathedral Rock, October 12, Bob Aspholm, 13 participants

- A great sunny day greeted us at the Ausable Valley for this one. We quickly set off on the West River trail to Cathedral Rocks. Bright fall colors and good trail conditions were the order of the day. Stopping only briefly, we headed up the wild and wonderful "chute" that is Bear Run; the view from the top is worth the effort. On the return, we had one more view and went back across the "canyon" bridge and hiked out on the road. A great fall day. Participants: Bob Aspholm, Terry Barrows, Caren Crootet, Anne Franzese, Lynn Mayack, Margaret Litwin, Rich Myette, Linda Noon, Terry Peek, Terry Remillard, Melissa Ross, Charlotte Smith, Cynthia Staniels.

MacNaughton Mountain 47th High Peak, October 12, Jayne Boudier, Bill Carpenter, 14 participants

- We had a beautiful day! And an awesome group, that kept focused and cheerful all the way — on trail, off trail, in the brook, in blow-down, in the dark, in the mud ... The brook and waterfalls were beautiful! I wonder how often MacNaughton has 14 guests? We made it almost back to Henderson Lake without using flashlights! Excellent hike! Participants: George Baranuskas, Theresa Blanchud, Jayne Boudier, Bob and Nancy Buckley, Bill Carpenter, Tom and Nancy Hayhurst, Melody Hoffmann, Wagner Hulet, Sterling Salter, Jim and Jane Stine, Sandy Yellen.

Tuesday Paddle, Leader's Choice, October 14, Maureen Coutant, 9 participants

- We paddled the Hudson from the boat launch on Big Boom Road, under the Northway, into the wetlands, and then upriver for awhile. It was threatening rain, but it held off and we had a nice evening out with muted fall foliage. Check out the website for photos. Participants: Mo Coutant, Beth Gurzler, Licia Mackey, Gary McCoola, Joy Muller-McCoola, Andrew and Anne Paolano, Alison Saville, Bill Thomas.

Wednesday Morning Walk, October 15, Maureen Coutant, 8 participants

- This week we returned to Coles Woods and walked along the trails. The bridge had been repaired that broke last spring. There were no bugs and it was a great time out. Those trails are a wonderful treasure for Glens Falls and Queensbury. I can't wait until the trail is covered with snow and the lights are on for some evening ski trips! Participants: Mo Coutant, Liz Gee, Jean Huntington, Licia Mackey, Dick Pratt, George Sammons, Bill Schwarz, Victoria Warren.



Prospect Mountain, October 18, Jean Holcomb, 5 participants

- We ended up doing the backside of Prospect rather than investigate the Berry Pond Tract due to a time restriction. I still want to investigate Berry Pond so will do on a future outing. This was a lovely hike. The weather was good and we enjoyed a nice lunch overlooking the lake. I did make one wrong turn on the way up but Ray's GPS got us back on target. This is definitely the way to climb Prospect, the trail is gradual and no crowds! Participants: Jean Holcomb, Ray Bouchard, Rich Crammond, Rich Vinciguerra, Ginnie Carluccio.

Black Mountain Loop, October 19, Alison Darbee, 15 participants

- From interesting conversations and great views being pointed out, to the weather cooperating and lunch on warm rocks by a pond, made for a great day in the woods. Thanks to the wonderful supportive group of people who came along and helped make my first outing as a leader go smoothly! Participants: Rich Vinciguerra, John Devine, Wayne MacFarren, David Ganje, Mellissa Ross, Margie Litwin, Jean Huntington, Sandy Yellen, Ruth Fish, Bill Carpenter, Kellie Dudla, Karen Lockhart, Mary & Mark Sager, Alison Darbee.

Wednesday Morning Walk — Hudson Pointe, October 22, Maureen Coutant, 8 participants

- We walked along the bluff overlooking the Hudson and down to the point. We were even able to get to the bridge without getting too muddy. The ATVs have rutted it up in that area, but it has been like that for a long time. If only they'd stay out of the areas where they are prohibited! Participants: Mo Coutant, Licia Mackey, George & Irene Sammons.

Wednesday Morning Walk, Wilton Wildlife Preserve, October 29, Maureen Coutant, 3 participants

- The weather was a bit iffy this day, so the small group decided to shorten our Battlefield drive and head to WWVP. I'd heard great things about the area, especially for XC skiing, and wanted to check it out. It's very easy to get to just off Exit 16. There is a section of the preserve where hunting is allowed and we did hear shots, but they could have been coming from a nearby shooting range. Needless to say, we didn't get too close to those sounds. Can't wait to go back and ski! Think snow! Participants: Maureen Coutant, Licia Mackey, George Sammons.

Tongue Mountain, November 1, Jean Holcomb, 5 participants

- Absolutely super day! This is a delightful hike over the ridge and down to the lake. Just about no one else takes this trail past the north-south junction to 5th Peak Lean-to or the Point of Tongue so you have the woods to yourself. The lake was a joy with no boat traffic and great views of the narrows and mother bunch islands. Frankly, it was hard to leave. Steve took some great pictures which can be viewed on the website picture gallery. No hunters, by the way! Participants: Jean Holcomb, Gary Rodd, Ely Fuller, Steve and Lisha Mackey.

Avalanche Mountain, November 2, Jayne Boudier, 4 participants

- Starting with an adventurous crossing of Marcy Brook at Kagel lean-to, we followed Wright Brook and fragments of an old road into a shady but comparatively open Caribou Pass. Thickening bush was handy as we clawed our way up to the summit ridge and sunshine, and stuck with (and in) us to the top. We each pushed our way to a best view and took pictures. Elisabeth searched us out for a group picture before we plunged back into the pass and back down the old road to the stream crossing, and out to our cars by dusk. Great place! Great group! Great day! Participants: George Barananskas, Jayne Boudier, Elisabeth Craven, and Tom Folts.

Leader's Choice, Saratoga Battlefield, November 5, Maureen Coutant, 9 participants

- We finally made it to the Saratoga Battlefield. We had a gorgeous day! Temp near 60, butterflies in the air, and grasshoppers under foot, and deer posing for pictures. The perfect ending was a stop at Saratoga Apple for some hot cider donuts! Participants: Antoinette Backus, Maureen Coutant, Margaret Curtis, John & Sue Hincliffe, Albina Ientile, Sam Lantz, Licia Mackey, George Sammons.

Noonmark and Round Mountain, November 8, Jonathan Lane and Annie Dagastine, 7 participants

- The weather forecast wasn't too promising, but we decided to give it a go anyhow and hope for the best. Fortunately, we stayed fairly dry on the hike up Noonmark; unfortunately, we didn't have an opportunity to enjoy the incredible views — we were totally socked in! We enjoyed a snack and headed down another route. The rain started to come down, so we decided to save Round Mountain for another day. Upon returning to the trailhead, we headed to Noonmark Diner where we enjoyed good food and more great company. Overall this was a pretty good day! Participants: Molly Bederian, Steve Bederian, Annie Dagastine, Jonathan Lane, Rich Myetta, Kyle Shollenberger, and Melissa Symolon.

Cook Mountain, November 9, Pat Desbiens, 11 participants

- The outing started with a scenic drive over the Tongue Mountain range to Ticonderoga. Thanks to Jack Whitney for giving the group a brief history lesson on the very historic area around Ticonderoga and Cooks Mountain — this is the site where Abercrombie and his 15,000 men landed to attack Fort Ticonderoga during the French & Indian War. The climb to the summit was made in good time where we were rewarded with beautiful views of northern Lake George particularly Anthony's Nose and Rogers Rock. A great group — a great day for a hike. Participants: Jack Whitney, Frank Coppa, Gary Rodd, Sharlee Rodd, Margie Litwin, Melissa Ross, Kristen Ross, Joanne Fritz, Ely Fuller, Mary Ann Moran, Pat Desbiens.



Wyman Mountain, November 9, Jayne Boudier, 3 participants

- The day was much better than forecast — partly sunny, warm, no snow. Jean's "Beast" forded the Schroon River handily and got us to the trailhead. There were signs of recent torrents everywhere — gouged drainages and piled debris — West Mill Brook and its tributaries were sparkling clean, with banks swept clean and easy for walking. (And we found the 3 blazes!) We followed the brook past waterfalls and into the cleft between Bear and Wyman, then contoured up the slope to a pretty streamlet with a nice waterfall, found a good spot with views for lunch, and then an even better spot that we had to pinch our way down from, on our way up. Took an easier way down (through a boulder field ...) that became (another) pretty brook that we followed back to the waterfalls, and on out. Beautiful day! Participants: Jayne Boudier, Jean Holcomb, and Elisabeth Craven.

Leader's Choice, Feeder Canal and Harry Betar Walkway, November 12, Maureen Coutant, 10 participants

- This trip was from the beginning of the Feeder Canal in Glens Falls across the South Glens Falls bridge to the Harry Betar Walkway in South Glens Falls. The walk is almost entirely along the Hudson River. It's amazing how many people don't know about these great spots for walking in the Glens Falls area. We visited the huge rainbow trout along the walkway and then returned. Participants: Mace Comora, Mo Coutant, Gail Epstein, Sam Lantz, Licia Mackey, Kathy McMahon, Gary Rodd, George & Irene Sammons, Bill Schwarz.

Pilot Knob, November 16, Bob Aspholm, 12 participants

- A cold and "blustery" day but without rain and only some snow flurries greeted us for this one. We started out at the Buck Mountain trailhead and went up the informal trail up the ledges to the first summit. Two hikers then headed back while ten of us headed for the top and the wreck site. After taking in the views and the site we headed back down a drainage to the old tote road and trailhead. Participants: Bob Aspholm, Anne Franzese, Theresa Gomez, Rosa Joubert, Dan Meehan, Joe Pascko, Jean Rich, Rose Schmidt, Pat Stickney, Sandy Yellen, Donna Williams, Jack Whitney.

Leader's Choice, Moreau State Park, November 19, Maureen Coutant, 9 participants

- We had a flexible agenda in mind for Moreau State Park hike and it was a good thing we did! We decided to head up along the Red Trail and maybe up to the ridge and over to Mud Pond. We got to the overlook and enjoyed the marvelous view, since the leaves were down. Those leaves were on the trail made for some tricky footing though! Plus it was steeper than anticipated. We decided we didn't have time for our journey over to Mud Pond this time. We'll be back! Bonus: Some of us were lucky enough to see a mink along the stream on the Red Trail. Participants: Mo Coutant, Margaret Curtis, Jean Huntington, Sam Lantz, Licia Mackey, George Sammons, Diane Sante, Rudy Tomasik, Edna Van Dorston.

Baldhead and Moose Bushwack, November 22, Jayne Boudier, 8 participants

- The day was partly sunny, windy, and unseasonably COLD! But this

stout group was prepared for the single-digit windchill, AND the hunters, by being warmly and colorfully dressed, and leafkickingly-bantering noisy. GPS died. We crossed one bump as we were looking for it, spotted the Hadley fire tower, found lots of cairns on Baldhead, spotted Crane Mountain, Gore, Mount Blue, Potash, Darling, Buck, Black, Erebus ... and guessed at more as flurries came and went, conquered two glacial erratics, found LOTS of BIG round tracks in a little bit of snow, braved a wicked windchill on Moose, and took lots of pictures all day. Out at dusk. Great group! Beautiful day! Participants: Bob Aspholm, Jayne Boudier, Rich Crammond, Jean Holcomb, Rich Myette, Kathy Quoi, Jeff Sullivan, and Rich Vinciguerra.

Cat Mountain, November 23, Jack Whitney, 25 participants

- A cool start with the temperatures in the high teens rising to the low 20s but minimal wind allowing us to sit on the summit and take in the spectacular views of Lake George. It was still late morning when we decided to leave the summit — six of the group headed back to the cars to drive a couple of cars around to the Thomas Mountain trailhead while the majority of the group continued on to Thomas Mountain. Upon arrival on Thomas we took a short break at the cabin and enjoyed the great views of Lake George and the surrounding area. A beautiful day to be in the woods! Participants: Bruce Cushing, Ken Marcinowski, Nilde Marcinowski, Jim Ries, Ann Hunt, Licia Mackey, Steve Mackey, Gary Rodd, Dan Monrow, Ely Fuller, Sandy Yellen, Ray Bouchard, Pat Desbiens, Charlotte Smith, Cathy Corrigan, Joanne Armstrong, Kim Zimba, Sarah Iacabucci, Dave Bunn, Bill Leitch, Margie Litwin, Melissa Ross, Pat McPhee, Bill Carpenter, Jack Whitney.

Saratoga Battlefield Turkey Trot #10, November 27, Rich Crammond, 10 participants

- This was a great Thanksgiving Day in the park. We saw many deer and one coyote. Alan Gee had a good time taking pictures with his zoom-in camera. The rest of us just enjoyed the cool but nice weather while making our loop hike. We also saw some nice bluebirds and two redtail hawks. To be out there hiking with ADK friends before a holiday meal in the afternoon is one of my best times to be alive and I hope to enjoy it as long as I can! Thanks for sharing your holiday, fellow hikers. Participants: Alan Gee, Elizabeth Gee; Kim Wood, Bill Schwarz, Laura Fisk, Colleen M. Coulter, Ray Bouchard, Molly Bederian, Pat Desbiens, Rich Crammond.

Sleeping Beauty, November 30, Jack Whitney, 11 participants

- The skies were overcast and temperatures in the high twenties. We started from the first trailhead hiked past Dacy Clearing to the second trailhead. We barebooted to the summit where we enjoyed the views and had lunch. We put our snowshoes on for the trip down. There was about seven inches of snow and some ice in the trail. We hiked down to Bumps pond and finally out to our cars. A great day on the Eastern side of Lake George. Participants: Ann Mundy, Margie Litwin, Melissa Ross, Ray Bouchard, Ralph DeCristofaso, Dan Monroe, Ned Martone, Gary Rodd, Sandy Yellen, Bill Carpenter, Jack Whitney



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

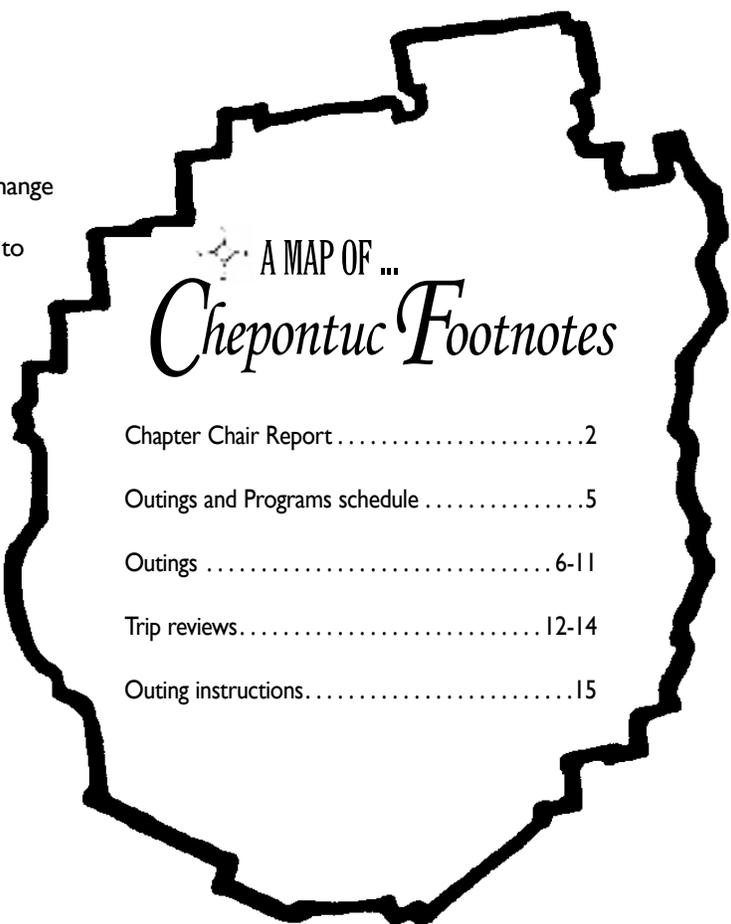
• From NORTHWAY (I-87)

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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