



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

Annual Dinner set for October 23

Featuring Adirondack Singer, Songwriter and Storyteller Chris Shaw

Mark your calendars! Please join your fellow ADKers on Friday, October 23, for our annual Chapter Dinner.

After years trekking to Glens Falls for dinner, our Saratoga County members will be closer to home this year. The newly redone Holiday Inn on South Broadway in Saratoga Springs has off-street parking, reasonable prices and friendly, home-town service.

We are honored to welcome the wonderful, funny, charismatic Christopher Shaw. Chris is the real deal. In a musical age where surface often replaces talent, and sincerity is an endangered species, an evening with Chris' music and stories feeds the spirit like none other. He's a darn fine guitar player, too.

Christopher Shaw was raised in the Adirondack Mountains of upstate New York. He was born the son, of the son, of a commercial steamboat pilot on Lake George. Chris worked the big boats and grew up listening to the songs and stories passed down in those mountains from generation to generation, never suspecting he would bring those same songs and stories to audiences all over the world.

For over ten years Chris toured for Taylor Guitars as a clinician demonstrating American Folk and country style guitar from Anchorage to Berlin. In addition to his trips for Taylor, he has appeared at such highly respected venues as the **Kennedy Center for the Performing Arts**, two appearances for the **Smithsonian Institute**, the **Philadelphia Folk Festival**, the **Old Songs Folk**



Festival, and the **Chautauqua Institute**, as well as music halls, festivals, and coffee houses across the US and Europe. He has produced a number of TV soundtracks for Public Television. Chris wrote the soundtrack and was "the voice of Seneca Ray" on the television special "*Seneca Ray Stoddard: An American Original*" seen coast to coast on **PBS**. Most recently, a live concert special called "*Chris Shaw: Live in Concert*" is showing on **PBS** stations across the country.

Shaw has nine recordings under his belt with another to be released this spring. His 1988 debut, "*Adirondack*", has been inducted into the **Library of Congress Folk Archives**. Performers who have contributed to Chris' recordings include such acoustic innovators as **Artie Traum**, **John Sebastian**, **Garth Hudson (The Band)**, **Vassar Clements**, **Cindy Cashdollar (Asleep at the Wheel)**, **Tony Trischka**, **Jay Ungar**, and **Steve Riley**.

He is married to singer/songwriter **Bridget Ball**, and together they have presented the highly acclaimed Christmas show "*Mountain Snow and Mistletoe*" at the Troy Savings Bank Music Hall for the last 13 years. The couple has two boys, **Christopher (Tink) Shaw**, and **Silas Shaw**. Both, whenever possible, accompany their Dad on tour, and always accompany him on fly fishing treks into the Adirondack wilderness.

New members — this is a great chance to meet and socialize with your fellow ADKers who "clean up real good." Until then, Happy Trails!

TO REGISTER

All reservations are prepaid by mail. Mail your check for the cost of the dinner along with your registration form by October 16. We do not take telephone reservations. Registration forms and menu choices will be in the September-November *Chepontuc* newsletter and also available online at www.adk-gfs.org after Labor Day.

It's a green thing

BY HEIDI teRIELE KARKOSKI



CHAPTER CHAIR Report

*As lovers of nature
and champions of
the environment,
ADK members are
inherently green.*

I read recently that the most over-used phrase of 2008 was “going green.” While we may be hearing it everywhere we turn, it’s good to know that it has become part of the greater social consciousness. Reusable shopping bags, car-pooling, low wattage light bulbs and hybrid vehicles are things I see people using every day. I asked my 15-year-old stepson what he thinks going green means. His answer: using alternative energy sources like solar panels and wind power. I hope his generation can think back and say remember when

... like we can think about those aluminum pull tabs on beverage cans.

I was introduced to recycling when I was in grade school in the 1970s. My dad worked at my school where he made a simple lever device that we used to crush aluminum cans bound for reuse. It was amazing how fast we could fill a large plastic bag. New York’s first bottle bill was passed in 1982, requiring a five cent deposit on carbonated beverage containers. Since that time, more than 90 billion bottles have been kept out of landfills.

I applaud New York’s “Bigger, Better Bottle Bill” that aims to rescue an additional 2.6 billion water and drink bottles per year when it goes into effect later this year. We can help even more by filling a reusable container at home instead of buying disposable bottles, which are carbon expensive.

As lovers of nature and champions of the environment, ADK members are inherently green. The open wild spaces that we cherish and fight to preserve contain their own alternative energy — the kind that can’t be bottled or sold. You

can keep up to date on conservation issues by signing up for e-mail alerts via the website www.adk.org/conservation. Spread the word about ADK by asking a friend to join or give a gift of membership.

You can do something green that benefits the Club by taking part in the gear swap sponsored by the Schenectady Chapter, July 18. All proceeds support ADK’s conservation mission. Check it out!

So how many times did I use the ‘G’ word?

Member News

Kudos to member and Outings Leader Neal Van Dorsten on his leading a 25-mile bicycle ride on August 2nd to raise funds and awareness of the Chrissy Perry Fund.

Do you have news you wish to share or know someone in our chapter who is doing great things? Let us know! Contact Jill Gruben at (518) 309-4198 or jaliciag2001@yahoo.com

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P.O. Box 2314 Glens Falls, NY 12801 • www.adk-gfs.org

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The Hiker's Journal

Jean Holcomb Goes South

As many of you know, Steve Mackey, hike leader and long time member of GF/Saratoga ADK is forging his way speedily north on the Appalachian Trail. By this reading he should be through Virginia. I had planned to start a little later and mosey along behind him getting possibly as far as New York and in essence "walking home". A rotator cuff injury followed by frozen shoulder in January put me on the shelf. After much weeping and gnashing of teeth I decided to shoot for a southbound start in early June. After two months of aggressive, often brutal, physical therapy the broken wing is flapping again if a little less effectively than its opposite. As this piece goes to the publisher I am scheduled to begin by climbing Katahdin on June 5. If for some reason the mountain is not open, I may skip it and start at the bottom. In any case I am finally off. I will be sending out e-mails when I can to Heidi, Pat Desbiens and Jayne Boudier (my house sitter) so news of me will be filtering in. I hope to meet Steve on the trail sometime. At this rate it will probably be in Vermont but be that as it may I'm on an adventure not a race. I don't know my final destination. Only my body and the weather will let me know when to stop. Hope to have a program put together by next winter/spring to share my adventures!

Wish me luck and dry conditions in Maine. We can't wish away the black flies so I will just have to learn

to tolerate them. My trail name is Calamity Jean!

Steve Mackey along the Appalachian Trail, May 29, 2009

Well I'm finally in civilization again. I was in Pearisburg, Virginia, on Memorial Day, but the library was obviously closed. I'm in Daleville, Virginia, which is around 714 miles from Springer. I've done 214 miles in ten days since Heather and Licia left. I'm going to head out tomorrow, but I'm going to do a short day and relax as much as I can. I've lost track of all my buddies. Damion had to get his feet checked out by a doctor because of numbness in the tops of his feet, and Wes and Dave are hiking with Wes's father about 150 miles back. I saw the Dragon's Tooth and McAfee's **Knob** today. I've gotten rained on all four of the last four days. Luckily I had just checked into the motel when another thunderstorm came. I saw a bear the other day. It was on a ridgeline and ran away over the side. It was kind of small. My body has been holding up pretty well, but hiking in soaking wet shoes wasn't too great. Yesterday when the storm came, I put on my pack cover and rain hat and just got wet. By late afternoon I pretty much had dried out. I'm appreciating sunshine, food, and being dry.

To read more of Jean and Steve's Appalachian Trail journeys, log on to www.adk-gfs.org

2010 Chapter Winter Weekend at Heart Lake

The Chapter will hold its 2010 Winter Weekend at the Wiesel Trails Cabin at Heart Lake from Friday, February 5, to Monday, February 8, 2010.

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 your snowshoes. 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 Mt. 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 Wiesel 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 \$120 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of \$120 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-serve basis. If we fill all 16 spots, we will maintain a short waiting list. The past three years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

If we do not get an appropriate minimum 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. Last year we had a number of persons who thought they were registering early enough, only to find out that the reservations were full, and they were wait-listed or closed out of their trip.

Enjoy your summer, but think of Chapter Winter Weekend 2010.

Rent bear-proof storage containers

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

Designed to slip into camper's backpack; holds approximately 6 person-days of food. These bear-proof canisters are now required in the Eastern High Peaks Zone. Additionally, they are always important to use on any backcountry overnight adventure to any backpacking or canoe camping destination. No more bear bag follies. They're also pine marten-proof!

Rental Rates:

1-3 days \$5.00

4-7 days \$10.00

Please call Jim Schneider, 581-9367 (Saratoga Springs) or Randy Glenn, 792-7104 (Glens Falls) to reserve your rental canister or for more information. Rentals are available exclusively to ADK Glens Falls-Saratoga.



Join us for The Great Allegheny Passage

September 10th at the Saratoga Spring Public Library please join us to watch and listen to a slide presentation by Algonquin Chapter members Nancy Olsen and Marilyn Smith on **The Great Allegheny Passage: A rail-trail from western Pennsylvania to Maryland, Frank Lloyd Wright homes: Fallingwater and Kentucky Knob and the C&O Canal Towpath Cumberland, MD to Harper's Ferry, VA.**

Nancy, a retired physical education teacher and Marilyn, a retired high school librarian, will discuss taking a hike or bicycle ride along 100 continuous miles of river gorges and mountain vistas,

Program

'THE GREAT ALLEGHENY PASSAGE'
WHEN: 7 P.M.
SEPTEMBER 10
WHAT: TALK, SLIDE SHOW WITH NANCY OLSEN & MARILYN SMITH
WHERE: SARATOGA SPRINGS PUBLIC LIBRARY

the longest rail-trail in the East. This slide presentation of the western Pennsylvania rail-trail covers their ride from Connellsville (south of Pittsburgh) to Meyersdale, crossing rivers and valleys on trestles and going through mountains and tunnels. The trail follows the Youghiogheny River through Ohio State Park and on to Confluence. Nearby are Fallingwater and Kentucky Knob, two homes designed by the noted American architect,

Frank Lloyd Wright. Continuing South, the western Maryland steam railroad takes us from Frostburg to Cumberland where the C&O Canal Towpath begins.

Supreme Court Associate Justice William O. Douglas was preeminent in preserving this 184-mile recreational trail along the Potomac River. The C&O Canal Towpath crosses through the 3,100 foot Paw Paw tunnel, close to the West Virginia border. The towpath is near Antietam National Battlefield and is adjacent to Harper's Ferry, Virginia. This is a must-do trip for anyone interested in Civil War History, architecture, natural beauty, and, of course, biking!

Nancy and Marilyn are avid rails-to-trails bike ride enthusiasts and enjoy volksmarching, non-competitive leisurely walking through a scenic or historic area along a marked trail.

For more information on this or other programs, kindly contact Terry Peek, Programs Chair at (518) 899-1129 or t.p.444@live.com

Do you have gear you're not using? Just swap it!

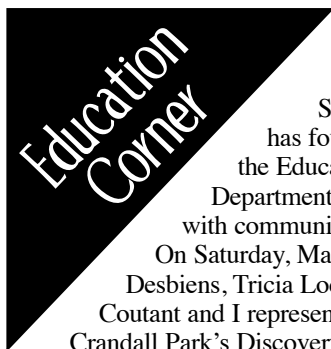
Do you have outdoor equipment that is still in good shape, but which you are no longer using? Do you need outdoor gear, but don't want to pay the price of new equipment? If so, you can reduce your clutter and turn your unused gear into funds for ADK or get a deal purchasing used goods at the "Gear Swap," sponsored by the Schenectady Chapter.

The proceeds from the Gear Swap will go to support ADK's conservation work.

Any unsold gear will be donated to local youth groups with outdoor programs.

Volunteers are needed, so if you can spare a couple of hours for this worthy event, please let us know.

The Gear Swap will take place on Saturday, July 18, from 10:00 am to 1:00 pm, at ADK Headquarters, 814 Goggins Rd., Lake George, NY (just off Northway Exit 21). If you wish to donate used, but still useful, outdoor equipment to the Gear Swap, or for further information, please contact Norm Kuchar at nkuchar@nycap.rr.com or by phone at 399-6243 by July 11.



By Linda Ranado

Springtime has found the Education Department busy with community affairs.

On Saturday, May 16, Pat Desbiens, Tricia Lockwood, Mo Coutant and I represented ADK at Crandall Park's Discovery 2009 Day.

Pat and Tricia took turns manning an information table in the exhibit area, while Mo and I spent the day leading six to eight year olds (with Moms, Dads, Grandparents, Aunts and friends) on nature scavenger hunts in the Cole's Woods area. Participants were faced with a double task. Task one awakened them to the sensory appeals of nature where they sought out animal homes and aspects of nature that are soft, hard, rough, beautiful and the like. Participants also received a handout that contained sixteen color photos of various plants ... leaves, fern, berries, flowers ... to discover along the way, checking them off as they were found. Added "treats" found their way into each walk, whether it be a baby snake crossing the path, blue butterflies by the bridge or a duck landing and swimming about in the stream ... or to the delight of a "little guy" named Jack an introduction to a large beautiful "Jack-in-the-Pulpit!" Smiles, hugs and numerous thanks indicated they

had as much fun as we did.

On Friday, May 29, committee member Nancy Buckley and I once again were presenters at Queensbury Elementary School's annual Third Grade Adirondack Day. Throughout the day, students observed Nancy's "bad hiking" behaviors as she took an imaginary stroll up our simulated Hadley Mountain trail (with croaking frog, chirping bird and all!). After being asked to help her out, students were quick to point out her bad habits, such as not signing the trail register, picking flowers, littering, throwing slimy salamanders and the like. Volunteers then helped pack a backpack with essential items and, and once properly dressed, another volunteer showed us all how to hike the mountain the "correct way." A good time was had as usual. We want to especially thank the third graders for their enthusiasm and to applaud them for their knowledge of and apparent sensitivity toward nature and the "Leave No Trace" philosophy.

Don't forget June 11th (adults) and June 13th (children age 6 and up) ... Mo Coutant will be offering Hike & Learn Sessions on Geocaching! For further information call Maureen Coutant at 745-7834. As always, if you have ideas for our committee and/or would like to join in, you can contact me, Linda Ranado, at lranado@hotmail.com or call 696-7265.



Chapter Officers announced for 2010

Chapter members will be asked to vote at our annual meeting/dinner, Friday, October 23, 2009 at the Saratoga Springs Holiday Inn, on the Chapter Officers for 2010. The nominating committee has presented the slate of officers for 2010:

Chairperson: Heidi teRiele Karkoski
1st Vice Chair: Maureen Coutant
2nd Vice Chair: Tricia Lockwood
Secretary: John Caffry
Treasurer: John Schneider

We give a big thank you to the nominating committee for their efforts.

Heidi teRiele Karkoski

I am a life-long resident of Ticonderoga, where I reside with my husband Matt. I joined ADK to learn more about the Adirondacks and to participate in the outings offered by the club. I was introduced to winter hiking by trip leaders from our chapter and have enjoyed the adventures of becoming a 46er and a winter 46er. My other interests include running, aerobic dance, gardening, and spending time with my family. As Curator of Landcape at Fort Ticonderoga, I manage the King's Garden, a public garden offering tours and family programs for visitors. I appreciate all facets of ADK's work: sharing information and experiences, and protecting valuable recreational resources.

Maureen Coutant

I have been a member of ADK for more than 15 years. During that time

I have been very involved with the Chapter. In the 1990s, I served as the Chapter Chair after first learning the ropes in the Vice Chair positions. I've chaired the Nominating Committee a few times and also served as a Director for our Chapter on ADK's Board of Directors. My husband and I have led many hikes in the past and more recently I've been leading walks while our daughter is in school. We also try to lead as many paddling trips as we can from spring through the fall. On the Club level, I have been on the committee for ADK's annula fundraiser and am the Chaiperson for ADK's Lake George Property "headquarters" at Exit 21. I've stayed involved with ADK to support all the great things that the organization does locally and statewide. We educate the public and young people about preserving the outdoors and respecting nature, we maintain trails and provide hiking opportunities and we advocate for the Adirondacks and locally.

Tricia Lockwood

I have enjoyed the first few months of 2009 serving on the executive committee as the 2nd Vice Chair. I have been a member of ADK for 3 years and am currently working on completing the high peaks and the fire tower challenge. In addition to hiking I also enjoy snowshoeing and biking among other activities. I live in Kingsbury and enjoy tending to my vegetable and flower gardens when I have the chance. I look forward to being able to continue on

the committee for another year.

John Caffry

I have been an ADK member since 1985. Since that time, I have served ADK in many capacities, such as: Member of Chapter Executive Committee sine 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary since 2006; former member of ADK Board of Governors and Executive Committee; former chair of ADK Headquarters Committee; current member (since 1988), and former chair, of ADK Conservation Committee. I have participated in the Adopt a Lean-to program since 2003.

I am a native of Glens Falls, currently living there with my wife, Ellen, and our two daughters. I am a member of the Caffry & Flower law firm in Glens Falls. Occasionally, I can find time for hiking, paddling and all varieties of skiing.

John Schneider

For more than twenty years I served the chapter in many, if not all, capacities, including: hike leader, executive committee member (seems like forever), newsletter editor, chapter representative on the ADK Board of Directors (currently representing our chapter). At the club level, I have been active on the Trails Committee and organizer of ADK's Adopt a Lean-to program in partnership with New York State Department of Environmental Conservation. I also organize our chapter annual "winter camp" at Heart Lake.



Wilderness Report

Pharaoh Wilderness Area

By Jim Schneider, Wilderness Chair

Pharaoh Wilderness Area is worth a trip from anywhere offering great hiking, climbing, camping and swimming. If you haven't been ... you should. Pharaoh Wilderness Area is also our chapter's adopted wilderness area as part of the New York State Department of Environmental Conservation "Adopt-a-Widland Program." We keep an eye on things and report anything noteworthy, good or bad. So, if you have visited the area and noticed anything, please contact Jim Schneider (518-581-9367).



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: TBD. **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Carl R's Cafe Restaurant and Bar in Glens Falls and the Wesley Health Care Center in Saratoga Springs. **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). *YMG = Young Members Group

July		Outing Type	Destination	Leader/Contact	Rating	
	1	Wed	Hike	Rooster Comb and Hedgehog	Alison Darbee	B+
	1	Wed	Hike	Sleeping Beauty	Neal Van Dorsten	B
	2	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
	5	Sun	Hike	Algonquin, Iroquois, Wright	Bill Carpenter, Alison Darbee	A+
	5	Sun	Hike	Dix Mountain via Hunters Pass	Bill Morse	A+
	5	Sun	Hike	Pitchoff Mountain Loop	Sandy Yellen	B
	11	Sat	Hike	Hough Mountain	Lorraine MacKenzie	A+
	11	Sat	Hike	Full Mooner Hike at Saratoga Battlefield	Aileen Genett	C+
	11	Sat	Paddle	Canoe Schroon River from Adirondack to Starbuckville Dam	Reg Prouty	C
	12	Sun	Hike	YMG — Pillsbury Mountain — Fire Tower	Jonathan Lane	B
	15	Wed	Hike	Noonmark from Round Pond	Alison Darbee	B+
	16	Thu	Meeting	Outing Leaders Meeting	Jack Whitney	NR
	16	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
	17	Fri	Hike	Mount Thomas	Neal Van Dorsten	C
	18	Sat	Hike	Spruce Mountain on Lake George	Neal Van Dorsten	B-
	18	Sat	Other	Cedar River Flow canoe, hike, and camp	Jayne Boudier	A
	19	Sun	Hike	Table Top	Bill Carpenter	A+
	22	Wed	Hike	Hurricane Mountain	Alison Darbee	B+
	25	Sat	Hike	Mount Colden	Lorraine MacKenzie	A+
	25	Sat	Hike	Black Mountain hike and swim	Neal Van Dorsten	B
	25	Sat	Hike	Camp Santanoni and Newcomb Lake	Rich Crammond	B
	26	Sun	Hike	Elizabethtown No. 4 Mountain	Jack Whitney	B+
	30	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B

August

	1	Sat	Hike	Gilligan Mountain	Reg Prouty	C+
	1	Sat	Hike	Nippletop	Lorraine MacKenzie	A+
	1	Sat	Sunset Hike	Big Crow Mountain	Jack Whitney	C
	2	Sun	Hike	Mountain Marshall	Bill Carpenter, Dan Monroe	A+
	2	Sun	Hike	Wanika Falls	Alison Darbee	A
	5	Wed	Hike	Crane Mountain	Alison Darbee	B+
	7	Fri	Hike	Pilot Knob Lean to and Waterfalls	Neal Van Dorsten	C
	8	Sat	Hike	Mount Adams Fire Tower	Rich Crammond	B+
	8	Sat	Hike	Hike and Swim Black Mountain	Neal Van Dorsten	B
	8	Sat	Hike	Full Mooner Hike at Saratoga Battlefield	Aileen Genett	C+
	9	Sun	Hike	Redfield and Cliff	Dan Monroe, Bill Carpenter	A+
	9	Sun	Hike	Pharaoh Mountain	Bill Morse	B
	12	Wed	Hike	Scarface Mountain	Alison Darbee	B+
	13	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
	14	Fri	Camp/Hike	Summer Weekend JBL / Marcy & Skylight	Lorraine MacKenzie	A+
	15	Sat	Hike	YMG — Hoffman Notch Hike — ADIRONDACK QUEST	Jonathan Lane	B
	15	Sat	Other	Rainbow Lake Canoe and Camp	Jayne Boudier	A
	16	Sun	Hike	Mount Marcy	Bill Carpenter	A+
	22	Sat	Hike	Macomb Mountain Introduction to a Adirondack Slide	Jack Whitney	A
	22	Sat	Hike	Buck Mountain	Neal Van Dorsten	B
	23	Sun	Hike	Goodnow Mountain	Pat Desbiens	C+
	23	Sun	Hike	Giant and Rocky Peak Ridge	Bill Carpenter	A+
	27	Thu	Camp/Hike	New Hampshire	John Devine, Wayne MacFarran	A
	27	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
	29	Sat	Paddle	Cedar River Flow Paddle	Ray Bouchard	B
	29	Sat	Hike	Full Mooner Hike at Saratoga Battlefield	Aileen Genett	C+
	30	Sun	Hike	Gothics and Armstrong	Bill Carpenter	A+

September

	5	Sat	Hike	MacIntire Range Traverse from Adk Loj	Mike McLean	A+
	6	Sun	Hike	Dippikill Hike	Allen Altman	C+
	6	Sun	Hike	Lost Gorge	Jayne Boudier	A
	10	Thu	Camp/Hike	NEW HAMPSHIRE II	John Devine, Wayne MacFarran	A
	10	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
	12	Sat	Hike	Upper Wolf Jaw	Lorraine MacKenzie	A+



Outings and programs schedule

12	Sat	Hike	Hour Pond/ Bullhead Mountain	Rich Crammond, Jayne Boudier	B+
13	Sun	Hike	Big Slide	Bill Carpenter, Alison Darbee	A+
13	Sun	Hike	Sleeping Beauty	Pat Desbiens	C+
19	Sat	Hike	Loon Lake Mountain Firetower	Jayne Boudier	A
19	Sat	Hike	Santanoni Preserve	Alison Darbee	B
20	Sun	Hike	Tongue Mountain Ridge	Lorraine MacKenzie	B+
20	Sun	Hike	Cook Mountain	Pat Desbiens	C+
24	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
26	Sat	Hike	Macomb, South Dix, East Dix, Hough	Bill Carpenter, Dan Monroe	A+
26	Sat	Hike	Cascade and Porter from Marcy Airfield	Bill Morse	A
26	Sat	Hike	YMG — Cliffs and Falls	Jonathan Lane	B+

New members

GF-S CHAPTER

New Members to the GF-S Chapter

March 2009

- Darlene Baily & Charles Norris, Salem
- Lynda, John & Ryan Beattie, Clifton Park
- Ted Bigelow, Hudson Falls
- Joann Bolesh, Eagle Bridge
- Jesse Boucher, Saratoga Springs
- Adam & Charles Bouloukos & Carlotta Ferrero, Menands
- Kate Brass, St. Pete Beach, Florida
- Joan Brockschmidt, Valley Cottage, New York
- Rebecca Bryan, Bart Bracken, Ginger Furey & Heather Crocker, Saratoga Springs
- Jacob Judd, West Hartford, Connecticut
- Jeremy Edge, London, England
- Cary Engle, Saratoga Springs
- Cindy & Mike Freebern, Hudson Falls
- David & Carol Freeman, Gansevoort
- Joseph & Thomas Gillespie, Waterford
- William Gloffke & Mary McCann, Stony Creek
- Alex Guilmette, Ballston Spa
- John Hemstreet, Broadalbin
- Roy Hoffmann, Fair Haven, Vermont
- Lawrence, Vicky & Michael Irvine, Queensbury
- Joy Keithline, Fort Ann
- Drew Kerr, Saratoga Springs
- Debra Knapik & Thomas Izzo, Schenectady
- Karen, Haley & Alison Kopacz, Wilton
- Charles & Vicki Little, Hudson Falls
- Rachel Luch, Porter Corners
- Frank Lyons, Lake George
- Greg Maklae, Gloversville
- William McCoskery, Lake George
- Laura McGrew, Bolton Landing
- Joseph & Anne McMahon, Saratoga Springs
- Nathan Morgan, Saratoga Springs
- Teri Morocco & Brad Krausse, Hudson Falls
- Michele Nasner, Northville
- Francis Netwall, Jr., Granville

- Deborah Nordyke, Curtis, Jon, Erik & Susan & Lee Peters, Ticonderoga
- Katrin Schreiner, Hadley
- John Porter, Lake George
- James, Joanna, Caitlin & T.J. Powell, Lake George
- Kathleen Quattrocchi, Gansevoort
- Mary & Mark Sager, Kattskill Bay
- Hilary Sirianni, Saratoga Springs
- Karl Smoczynski, Queensbury
- Cheryl Springer, Ballston Spa
- Robin Stroup, Gansevoort
- Sandra Sullivan, Rensselaer
- Stephanie, Matthew, Jacob & David Veitch, Saratoga Springs
- Robert & Karen Webster, Pittsford, Vermont
- Peter, April & Shelby White, Queensbury
- Felicia Wilkins, Queensbury

April 2009

- Lisa, Shawn, Emalee & Charlotte Albertin, Northville
- Michelle Allen, East Amherst, New York
- Susan Arcaro, Hagaman
- Hal Bain, Queensbury
- Sherri & Richard Brreschre, Clifton Park
- Robert Burnham, Warrensburg
- Jim Carignan, Middletown Spring, Vermont
- Heidi Cavret, Clifton Park
- Lyndia & David Constantine, Saratoga Springs
- Allison Cook, Northampton, Massachusetts
- Dennis, Cal, Lee Creeden & Jacqueline Cutillo, Newtown, Connecticut
- John Davis, West Pawlet, Vermont
- Eileen Deliman, Brant Lake
- Julie Dennis, Delmar
- Karen Duffy, Ballston Spa
- Nancy Eberle, Clifton Park
- Matthew Finkenbinder, Gettysburg, Pennsylvania
- Janet Fronhofer, Salem
- Steven & Emma Fuhrmeister, Schuylerville

- Sharyn Furman, Ballston Spa
- Deborah Gerber, Saratoga Springs
- Jim Gleason & Mary Ketter, Queensbury
- Sean, Kristin & Brian Halligan, Gansevoort
- Seth Harris, Albany
- Laura Heil, Hudson Falls
- Tony & Nancy Huff, Waterford
- Margot Johnson, Lake George
- Amy Kantor, Jeff & Robbie Michalofsky, Saratoga Springs
- Janet & Frank Knight, Cohoes
- Betsy Krebs, Tom Detmer & Hannah Jacobs, Lake George
- Joe LeFevre, Saratoga Springs
- Nancy Luther, Saratoga Springs
- Matthew Martello, Parkton, Maryland
- Alison & Jim McGee, Warrensburg
- Mario Mule, Malta
- Paul, Antoinette & Eamonn, O'Donnell, Gansevoort
- Megan Otten & James LaRowe, Saratoga Springs
- Elizabeth Parrish, Hudson Falls
- Joshua Powell, Saratoga Springs
- George Quick, Waterford
- Michael, Sara, Lauren & Corinne Roberts, Queensbury
- Ken Robertson, Broadalbin
- David Salls, Saratoga Springs
- Darcy Scheyer, Ballston Lake
- Jim Scribner, Gansevoort
- Robert Snyder, Glens Falls
- Cynthia Staniels, Saratoga Springs
- Angiele Steady, Burnt Hills
- Donna, Mike, Lilly & Isaac Strout, Granville
- Adam Sullivan, Fonda
- Patty Turi, Stony Creek
- Bonnie Walmsley, Saratoga Springs
- Megan Welsh, Troy
- Steve Zawisrowski, Malta



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.*

ROOSTER COMB AND HEDGEHOG HIKE

Wednesday, July 1
Time: 7:00 a.m.
Rating: B+
Alison Darbee 812-0022

We will attempt to make this hike into a loop. We will start and end at the Rooster Comb parking area on Route 73. Bring a lunch and enjoy another day in the woods. Call leader for additional details.

SLEEPING BEAUTY HIKE

Wednesday, July 1
Time: 9:00 a.m.
Rating: B
Neal Van Dorsten 644-9453 or Nealvan@aol.com

We will do a nice loop up to the top of Sleeping Beauty. This hike is very pretty and we hope to spot Falcons on the cliffs at the start of the hike. There are fantastic views of Lake George. Allow 3 hours. Meet at trailhead or call leader for details.

THURSDAY EVENING PADDLE PADDLE

Thursday, July 2
Time: 5:30 p.m.
Rating: B
Maureen Coutant 745-7834 or mojim@roadrunner.com
Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

ALGONQUIN, IROQUOIS, WRIGHT HIKE

Sunday, July 5
Time: 6:30 a.m.
Rating: A+
Bill Carpenter 793-5506 or Alison Darbee 812-0022
We will start from the ADK Loj parking lot, head up to Algonquin first then over to Iroquois, back to Algonquin, and then climb Wright on the way back. Approximately 12 miles round trip. Excellent views and if weather cooperates we'll check out the 1962 plane wreckage site and plaque. Call leader for details and to sign up. Please call by the Friday before the hike.

DIX MOUNTAIN VIA HUNTERS PASS HIKE

Sunday, July 5
Time: 6:45 a.m.
Rating: A+
Bill Morse 518-585-9153 or fishermanpike@yahoo.com
Starting at Elk Lake we will use the Hunters Pass Route to the summit of Dix. Total of 14.8 miles round trip. Elevation gain of 2,800'. Hunters Pass trail is a trail that does not get much traffic. Also a little less steep climbing than the Beckhorn. Hikers from Glens Falls/ Saratoga will meet at 6:45 a.m. at Panera Bread.

PITCHOFF MOUNTAIN LOOP HIKE

Sunday, July 5
Time: 8:00 a.m.
Rating: B
Sandy Yellen 584-2763

We will be spotting cars and starting at the SW end. After taking in the views at the balancing rocks we will have three more bare summits to enjoy. Total distance is 5.2 miles. Rain will cancel.

HOUGH MOUNTAIN HIKE

Saturday, July 11
Time: 7:00 a.m.
Rating: A+
Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

This is a "trail less" peak pronounced "Huff." We will start on a marked trail from Elk Lake, take a right and follow Lillian Brook up to a campsite located in the col between Hough and Pough. The summit is less than a half-mile Northwest of this point. Total distance is 10 miles. This is a perfect opportunity to use your GPS. Rain cancels.

FULL MOONER HIKE AT SARATOGA BATTLEFIELD

Saturday, July 11
Time: TBD,
Rating: C+
Aileen Genett 482-9101 or solice212@yahoo.com
This is a multigroup, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through Saratoga Battlefield. We'll walk 4-6 miles along the Wilkinson Trail to the back tour road to the visitor parking lot. Dress appropriately in layers, walking shoes, layers, bug dope and flashlight, etc. Please call leader to sign up no later than 9:00 p.m., Friday, July 10. A \$1.00/person fee will be assessed to cover the cost for the night permit.

CANOE SCHROON RIVER FROM ADIRONDACK TO STARBUCKVILLE DAM

Saturday, July 11
Time: 8:00 a.m.
Rating: C
Reg Prouty 518-747-9736 or reg46r4734@yahoo.com
We will meet at the state boat launch at the South-end outlet of Schroon Lake and canoe down the section of Schroon River to the Starbuckville Dam where we will spot a couple of vehicles. This winding section is very slow so there will be no rapids and a nice clean bottom of sand. Bring a lunch and swimwear for a possible swim in Schroon River or Schroon Lake afterward.

YMG — PILLSBURY MOUNTAIN — FIRE TOWER HIKE

Sunday, July 12
Time: 8:00 a.m.
Rating: B
Jonathan Lane 744-4594 or saratogahiker@infogorp.com
Come enjoy a short, steep climb up one of our historic Fire Tower peaks! Cookies are most welcome on this trip and perhaps we'll even stop for some cookie dough ice cream after! (Pillsbury ... dough ... get it? Ha!) Approximately 3.2 miles round trip with 1,337' elevation change. Rain will cancel.



NOONMARK FROM ROUND POND HIKE

Wednesday, July 15

Time: 8:00 a.m.

Rating: B+

Alison Darbee 812-0022

A good, steady climb leads to a few lookouts before hitting the summit with complete views of the High Peak region. Plan to have lunch at the summit and time to take in the views. Approximately 6.7 miles round trip. Call leader for details and to sign up.

THURSDAY EVENING PADDLE

Thursday, July 16

Time: 5:30 p.m.

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

MOUNT THOMAS HIKE

Friday, July 17

Time: 9:00 a.m.

Rating: C

Neal Van Dorsten 644-9453 or Nealvan@aol.com

An easy hike to Mount Thomas, only about 800 feet elevation gain with pretty views of Lake George. There is a cabin at the top and trails continue to Cat Mountain. Allow two hours. Meet at parking lot across from the Lakeside Lodge in Bolton around 9 a.m.

SPRUCE MOUNTAIN ON LAKE GEORGE HIKE

Saturday, July 18

Time: 9:00 a.m.

Rating: B-

Neal Van Dorsten 644-9453 or Nealvan@aol.com

We will start on the old Military Road in Huletts Landing and hike up a little-known path to the top of Spruce Mountain. A very different and diverse hike, with some great views of Bluff Head, Sabbath Day Point and Lake George. Allow about 3.5 hours round trip.

CEDAR RIVER FLOW CANOE, HIKE AND CAMP

Saturday, July 18

Time: 7:30 a.m.

Rating: A

Jayne Boudier 793-3770

We'll climb Wakely mountain (67th of Adirondack 100 highest, with a 70' fire tower), and set up camp on Saturday. Anyone who wants to hop into their boats just before dawn on Sunday will be treated to the best hours of the day on the Flow. 6 1/2 miles of hiking with 1,636 ft. ascent, 8-10 miles of paddling, moderate to leisurely pace. West of Indian Lake.

TABLE TOP HIKE

Sunday, July 19

Time: 7:30 a.m.

Rating: A+

Bill Carpenter 793-5506

If you are working on your Hike Peaks, Table Top is #19 in height. We will start our hike at the ADK Loj, then over Marcy Dam and on down the Van Hoevenberg trail. Please call leader by the Friday before the hike.

HURRICANE MOUNTAIN HIKE

Wednesday, July 22

Time: 7:30 a.m.

Rating: B+

Alison Darbee 812-0022

Round trip distance about 5.3 miles of a moderately strenuous climb. Some of the best views in the area are to be had from the top without the aid of the fire tower! Call leader for details and to sign up.

MOUNT COLDEN HIKE

Saturday, July 25

Time: 6:15 a.m.

Rating: A+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

We will start from Heart Lake and take the Lake Arnold approach to the summit. Total elevation gain is 2,500 ft. over 6.3 miles. We will hike at a moderate pace. Time and group consent will determine whether we loop through Avalanche Pass or return the route we came. Spectacular views of Marcy, Algonquin and the "Hitch-up Matildas" at the top. Rain cancels.

BLACK MOUNTAIN HIKE AND SWIM

Saturday, July 25

Time: 9:00 a.m.

Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com

We will hike to the top of Black Mountain. This hike offers some wonderful views of Vermont and Lake George. Then we will proceed to Black Mountain Point, for a swim and a boat pickup, for the return. Limited space. Allow about four hours at an easy pace. Meet at the trailhead about 9 a.m. or call leader.

CAMP SANTANONI AND NEWCOMB LAKE HIKE

Saturday, July 25

Time: 9:00 a.m.

Rating: B

Rich Crammond 584-2380

We will meet at the Santanoni Preserve trailhead parking lot in Newcomb. This will be about 12 miles round trip hike to the Great Camp and around Newcomb Lake. Let's hope for nice weather and not too many black flies. See you there!



ELIZABETHTOWN NO. 4 MOUNTAIN HIKE

Sunday, July 26

Time: 6:30 a.m.

Rating: B+

Jack Whitney 793-9210 or jack1758@roadrunner.com

A herdpath/easy bushwhack along the South Fork of the Bouquet River to Elizabethtown #4 and then, if time permits, on to Spotted Mountain (elevation 3,400 ft). Both ET#4 and Spotted have great views from their bald summits. Call leader for further details.

THURSDAY EVENING PADDLE

Thursday, July 30

Time: 5:30 p.m.

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

GILLIGAN MOUNTAIN HIKE

Saturday, August 1

Time: 7:30 a.m.

Rating: C+

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

This will be an easy 2.2-mile hike to a pleasant overlook just below the true summit of a small mountain overlooking the Bouquet River, Rocky Peak Ridge, Pleasant Valley, and the Dix Mountains. Ascent is 670 feet up to a height of 1,420 feet with a couple of short steep sections. Pace will be easy.

NIPPLETOP HIKE

Saturday, August 1

Time: 7:30 a.m.

Rating: A+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

Starting at the Ausable Club, we will get into the woods at the Gill Brook Trail, hike over Elk Pass and be at the summit of Nippletop in 6.4 miles. Time and general consensus of the group will determine if our return route will include summiting Dial. Maximum distance will be 13.5 miles, with minimum elevation gain of 2,760 ft. Rain cancels.

BIG CROW MOUNTAIN SUNSET HIKE

Saturday, August 1

Time: 3:00 p.m.

Rating: C

Jack Whitney 793-9210 or jack1758@roadrunner.com

Meeting at Panera Bread at 3:00 p.m. on Saturday afternoon. We will stop at the Noonmark for dinner. Then starting from Crow Clearing and hiking the .8 mile up to Big Crow. Hope for a great sunset and the opportunity to take some nice pictures.

MOUNTAIN MARSHALL HIKE

Sunday, August 2

Time: 6:30 a.m.

Rating: A+

Bill Carpenter 793-5506

Dan Monroe 747-6936 or insearchof@adelphia.net

We will start from Upper Works and hike the Calamity Brook trail to Flowed Lands. From there, we'll go a short distance to Herbert Brook and then up the herd path to the summit. Join us for a visit to a historic and scenic area. Round distance is about 13 miles. Elevation around 1,600 ft.

WANIKA FALLS HIKE

Sunday, August 2

Time: 7:00 a.m.

Rating: A

Alison Darbee 812-0022

This is a 13.4-mile round trip hike to see Wanika Falls. In addition, we will travel farther up stream to see more falls. Bring your camera and plenty of snacks, lunch and liquids to make for an enjoyable day in the woods. Please call leader by the Friday before the hike.

CRANE MOUNTAIN HIKE

Wednesday, August 5

Time: 8:00 a.m.

Rating: B+

Alison Darbee 812-0022

This hike has some easy as well as steep sections that lead to a lovely pond at the top. Just past the pond we'll check out the views from where a fire tower once stood. Bring a lunch and liquids to make for a great day in the woods.

PILOT KNOB LEAN-TO AND WATERFALLS HIKE

Friday, August 7

Time: 9:00 a.m.

Rating: C

Neal Van Dorsten 644-9453 or Nealvan@aol.com

This is a pretty hike to the lean-to overlooking Lake George and then on to the waterfalls. It is an easy walk with easy elevation change. Allow about three hours or a little less. Meet at trailhead at 9 a.m. E-mail or call leader if attending.

MOUNT ADAMS FIRE TOWER HIKE

Saturday, August 8

Time: 8:30 a.m.

Rating: B+

Rich Crammond 584-2380

This will be a hike from the Upper Works in the Tahawus area. Approximately 4.8 miles round trip with a elevation gain of 1,700 ft. Please dress for mountain hiking. Call leader for details and directions. See you there.



HIKE AND SWIM BLACK MOUNTAIN

Saturday, August 8

Time: 9:00 a.m.

Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com

If you missed the first one this is a repeat. We will hike Black Mountain from Pike Brook road. Then, we will proceed to Black Mountain Point on Lake George, and have a boat transport us back to the trailhead. This is a pretty hike and a lovely swim at the point. Let's have some lunch at the point as well. Allow four hours. Limited space. Call or e-mail leader to sign up.

FULL MOONER HIKE AT SARATOGA BATTLEFIELD

Saturday, August 8

Time: TBD

Rating: C+

Aileen Genett 482-9101 or solice212@yahoo.com

This is a multi-group outing, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4-6 miles along the Wilkinson Trail to the back tour road to the visitor parking lot. Dress appropriately in layers, walking shoes, layers, bug dope and flashlight, etc. Please call the leader to sign up for the hike no later than 9:00 p.m. on Friday, August 7th. A \$1 per person to pay for the night permit.

REDFIELD AND CLIFF MOUNTAINS HIKE

Sunday, August 9

Time: 5:30 a.m.

Rating: A+

Dan Monroe 747-6936 or insearchof@adelphia.net

Bill Carpenter 793-5506

We will start our hike from the Upper Works parking lot and make our way 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 to the top of Mountain Redfield, our first peak, back down to the trail junction and up to Cliff. This will be a long day with a lot of elevation gain.

PHARAOH MOUNTAIN HIKE

Sunday, August 9

Time: 8:30 a.m.

Rating: B

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

We will hike in from Crane Pond to Pharaoh Mountain. Round trip just over six miles with an elevation gain of almost 1,500 feet. A good hike with views of the High Peaks to the north and Schroon Lake area. Bring a snack for on top. We will meet at 8:30 a.m. at the parking area on Crane Pond Road. Car pooling arrangements for those coming from the south will be made via e-mail at time of sign-up.

SCARFACE MOUNTAIN HIKE

Wednesday, August 12

Time: 7:00 a.m.

Rating: B+

Alison Darbee 812-0022

We'll be heading north to the Ray Brook area to grab this hike. About 6.8 miles round trip with an elevation gain of 1,480 ft. along with a short bushwhack at the top to find the true summit. Bring plenty of snacks, lunch and liquids for a fun day in the woods. We may stop for dinner on the way home.

THURSDAY EVENING PADDLE

Thursday, August 13

Time: 5:30 p.m.

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

SUMMER WEEKEND JBL/MARCY & SKYLIGHT CAMP/ HIKE

Friday, August 14

Time: 4:00 p.m.

Rating: A+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

Picture this — 3.5 miles into the woods — a LOJ with all the amenities of home. Solid roof over head, all meals prepared and a soft mattress to sleep on. No bears, bear canisters or soggy sleeping bags. Camping, but not camping, in the company of friends and fellow hikers. After a good night's sleep and a hearty breakfast, we gather our prepared lunches and snacks and head out to Marcy and Skylight. They are the tallest and fourth highest mountains in New York state. We will experience the best views in the Adirondacks. Thirteen miles round trip and back in time for a home-cooked dinner. All this for \$120 (\$60 per night). Space is limited to 8. Payment must be RECEIVED by June 13. NO EXCEPTIONS. Call or e-mail leader for more details.

YMG — HOFFMAN NOTCH HIKE — ADIRONDACK QUEST HIKE

Saturday, August 15

Time: 7:00 a.m.

Rating: B

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone who is young at heart. I've heard that this is a beautiful area, so let's check it out for ourselves! Depending on the group, weather, etc., we can spot cars on one end of the trail and hike about seven miles end-to-end or retrace our steps for a 14-miler. If some people want to hike seven miles and others want to hike the 14 miles, that's fine, too! The pace will be moderate and elevation gain is minimal. Rain may cancel.



RAINBOW LAKE CANOE AND CAMP OTHER

Saturday, August 15

Time: 12:00 p.m.

Rating: A

Jayne Boudier 793-3770

We'll camp at Buck Pond State Campground, east of Paul Smiths. With an early start on Sunday, we might have time to explore the North Branch (Saranac River), Rainbow's namesake eskers, and The Flow, without having to rush. About 12 miles, moderate to leisurely pace, with time to stop.

MOUNT MARCY HIKE

Sunday, August 16

Time: 6:25 a.m.

Rating: A+

Bill Carpenter 793-5506

Join us for the hike up to the highest mountain in New York state. Starting from HPIC at Heart Lake. Great views to be had from this summit. Call leader for details.

MACOMB MOUNTAIN INTRODUCTION TO AN ADIRONDACK SLIDE HIKE

Saturday, August 22

Time: 6:30 a.m.

Rating: A

Jack Whitney 793-9210 or jack1758@roadrunner.com

Try one of the easier Adirondack Slides. We will be going in from Elk Lake. Great views to be had from the slide and the summit. If time permits we could also hike to South and East Dix. Call leader for details.

BUCK MOUNTAIN HIKE

Saturday, August 22

Time: 9:00 a.m.

Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com

Buck Mountain hike is close to seven miles round trip. It is a beautiful hike with a variety of woods and wonderful views of Lake George. We will do a leisurely pace and have lunch on the summit. Allow about 4.5 hours. Call or e-mail leader to sign up.

GOODNOW MOUNTAIN HIKE

Sunday, August 23

Time: 9:00 a.m.

Rating: C+

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

This is a fire tower mountain located in the Newcomb area. It is a 3.8-mile round trip with 1,040 ft. of elevation gain. The trail to the summit is a self-guided nature walk. We will pick up pamphlets at the trailhead and stop at the marked posts along the way. Weather cooperating, there are great views of the High Peaks from the restored fire tower. Rain will cancel. Alternate phone number to call if no response from above: 316-1244.

GIANT AND ROCKY PEAK RIDGE HIKE

Sunday, August 23

Time: 7:00 a.m.

Rating: A+

Bill Carpenter 793-5506

Giant is #12 and Rocky Peak is #20 of the 46 High Peaks. The views, looking at most of the High Peaks, are perhaps second only to Marcy. Please call leader by the Friday before the hike.

NEW HAMPSHIRE CAMP/HIKE

Thursday, August 27- Sunday, August 30

Time: 8:00 a.m.

Rating: A

John Devine 260-4940 or johdev@adelphia.net

Wayne MacFarran 639-5558 or crew@localnet.com

This will be a four-day trip from Aug. 27 through Aug. 30. We will hike on Friday and Saturday, leaving Thursday and Sunday as travel days. We will hike along the Franconia Ridge and also do something in the Presidential Range. These hikes are rated A. I'm not a fast hiker, so pace will be moderate. We will be camping in the vicinity. Sign up no later than August 13. For more detailed information call between 4-9 p.m. or e-mail.

THURSDAY EVENING PADDLE

Thursday, August 27

Time: TBD

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

CEDAR RIVER FLOW PADDLE

Saturday, August 29

Time: 8:00 a.m.

Rating: B

Ray Bouchard 893-7314

The Cedar River Flow is located in the Moose River Plains Wild Forest Area near Indian Lake. We will launch near Wakely Dam and paddle the length of the Flow as we head south into the Cedar River. We'll most likely have to negotiate at least one beaver dam in order to enter the river so be prepared for some wet feet. The plan is to have lunch at the Cedar River lean-to making the round trip distance about 8.5 miles. The pace will be leisurely so we'll have plenty of time to explore the shoreline. If we're lucky, we may spot loons on the Flow along with a variety of other birds and wildflowers.



FULL MOONER HIKE AT SARATOGA BATTLEFIELD

Saturday, August 29

Time: TBD

Rating: C+

Aileen Genett 482-9101 or solice212@yahoo.com

This is a multigroup, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4-6 miles along the Wilkinson Trail to the back tour road to the visitor parking lot. Dress appropriately in layers, walking shoes, layers, bug dope and flashlight, etc. Please call the leader to sign up no later than 9:00 p.m. on Friday, August 28. A \$1 per person to pay for the night permit.

GOTHICS AND ARMSTRONG HIKE

Sunday, August 30

Time: 7:00 a.m.

Rating: A+

Bill Carpenter 793-5506

We will most likely leave from the Ausable Club, walk up the road to Lower Ausable Lake and then up to Gothics, down and up to Armstrong returning via the Beaver Meadow Falls/Gothics trail to the Lake Road. A fairly long day with lots of elevation gain, but spectacular views if the weather cooperates. Please call leader by the Friday before the hike.

MACINTIRE RANGE TRAVERSE FROM ADK LOJ HIKE

Saturday, September 5

Time: 7:00 a.m.

Rating: A+

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

We will meet at 7 a.m. at ADK Loj and head into Indian Pass to ascend the trail between Marshall and Iroquois. At the top of the pass we will bushwhack the steep .4 miles up to Shepard's Tooth and then Iroquois summit. From there over to Boundary, Algonquin, Wright, and back to the Loj. About 11 miles for the loop trip.

DIPPIKILL HIKE

Sunday, September 6

Time: 10:00 a.m.

Rating: C+

Allen Altman 800-396-0276 or altmanscientific@gmail.com

I'm an out-of-town Chapter member and invite other members to my annual Dippikill Hike. Dippikill is ten miles from Warrensburg and is owned by the Student Association of the University of Albany. We'll hike the beautiful "Ridge Trail" to the twin summits of Dippikill Mountain (el. 1,582') which offers spectacular views of the Hudson River and surrounding mountains. After the hike you may spend the rest of the day at the Dippikill Pond swimming, canoeing (canoes provided by the Student Association are already at the Pond) and enjoying the almost-untouched ecology. Approximately 3.5-4 miles with some uphill. We meet 10:00 a.m. at McDonald's of Warrensburg Route 9 at Exit 23 off I-87.

LOST GORGE HIKE

Sunday, September 6

Time: 7:30 a.m.

Rating: A

Jayne Boudier 793-3770

This gorge is full of user friendly rocks, crystal pools, and waterfalls of all sizes. In the woods afterward is a large, smooth rock with great views. Seven miles (half trailless), 1,100 ft. ascent, at a moderate to leisurely pace. North Boquet River, Dix Mountain Wilderness.

NEW HAMPSHIRE II CAMP/HIKE

Thursday, September 10-Sunday, September 13

Time: 8:00 a.m.

Rating: A

John Devine 518-260-4940 or johdev@adelphia.net

Wayne MacFarran 518-639-5558 or crew@localnet.com

This will be a four-day trip from Sept. 10 through Sept. 13. We will hike on Friday and Saturday, leaving Thursday and Sunday as travel days. We will hike in the Northern Presidentials and also do something in Tuckerman's Ravine. These hikes are rated A. I'm not a fast hiker, so pace will be moderate. We will be camping at Moose Brook State Park which is near Gorham, NH. Sign up no later than August 26. For more detailed information call between 4-9 p.m. or e-mail.

THURSDAY EVENING PADDLE

Thursday, September, 10

Time: TBD

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

UPPER WOLF JAW HIKE

Saturday, September, 12

Time: 7:30 a.m.

Rating: A+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

We will be accessing the Wedge Brook Trail via the Ausable Club to summit Upper Wolf Jaw. Time and general consensus of the group will determine if we will summit Lower Wolf Jaw on the return. Maximum distance will be 10 miles, with minimum elevation gain of 2,825 ft. Rain cancels.

HRON POND/BULLHEAD MOUNTAIN HIKE

Saturday, September, 12

Time: 8:30 a.m.

Rating: B+

Rich Crammond 584-2380

Colead: Jayne Boudier 793-3770

This will be a trail hike and some bushwacking. The plan is to hike from 13th Lake to Hour Pond, then on to Bullhead Mountain and back to 13th Lake. Let's hope for good weather. Around 10 miles round trip and 1,500 elevation change. Meet at Grand Union in North Creek. Call leader for details.



BIG SLIDE HIKE

Sunday, September 13

Time: 7:00 a.m.

Rating: A+

Bill Carpenter 793-5506

Alison Darbee 812-0022

We will be heading up over the three Brothers to the summit of Big Slide and back down via the Slide Brook Trail. Big Slide is #27 in height of the 46 High Peaks. About 9.4 miles round trip. Please call leader by the Friday before the hike.

SLEEPING BEAUTY HIKE

Sunday, September 13

Time: 9:00 a.m.

Rating: C+

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

This is a mountain on the East side of Lake George with wonderful views of the lake. It is about 1.5 miles to the summit from Dacy Clearing with many switchbacks making this a moderate walk. We will plan to make it a loop trip of about 5 miles in length by returning via Bumps Pond. The pace will be slow with time spent on the summit to enjoy the views. Rain will cancel.

LOON LAKE MOUNTAIN FIRE TOWER HIKE

Saturday, September 19

Time: 5:30 a.m.

Rating: A

Jayne Boudier 793-3770

Why wait for the state to cut a public trail to the top, when we can bushwack there. And beat the crowds. Nine miles (three trail-less) includes a side trip to Skiff Pond. Great views of the northern Adirondacks — the High Peaks, Lyon, Debar, and Azure Mountains Northeast of Paul Smiths.

SANTANONI PRESERVE HIKE

Saturday, September 19

Time: 8:00 a.m.

Rating: B

Alison Darbee 812-0022

I hope for this to be a nice moderately paced fall hike in to see the Santanoni Great Camp buildings at the preserve in Newcomb. Bring plenty of snacks, lunch and liquids for yet another great day in the woods. Please call leader by the Thursday before this hike.

TONGUE MOUNTAIN RIDGE HIKE

Sunday, September 20

Time: 8:00 a.m.

Rating: B+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

Clay Meadows will be our starting point for this 7.9-mile hike down the spine of the Tongue Mountain Range over French Point Mountain and First Peak. Minimum elevation gain is 1,600 ft. This hike will be limited to eight participants since there will be a boat waiting for us at Montcalm Point to bring us to Bolton Landing where we would have dropped off a car. Rain cancels.

COOK MOUNTAIN HIKE

Sunday, September 20

Time: 9:00 a.m.

Rating: C+

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

This is the northernmost climb in the Lake George Basin region. Round trip distance is 3.4 miles with 895 ft. of elevation gain. There are fantastic views of Lake George to the south and east. The pace will be slow to enjoy this very historic French & Indian War area. Bring lunch to enjoy on the summit. Rain will cancel. Alternate phone number to call if no response from above: 316-1244.

THURSDAY EVENING PADDLE

Thursday, September 24

Time: TBD

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

MACOMB, SOUTH DIX, EAST DIX, HOUGH HIKE

Saturday, September 26

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506

Dan Monroe 747-6936 or insearchof@adelphia.net

A great slide climb up Macomb with a short walk over to South Dix, and then over to East Dix. We will retrace our steps back to South Dix and then over to our final mountain of the day, Hough by the way of Pough. We will be on herd paths all day — a long but rewarding day.

CASCADE AND PORTER FROM MARCY AIRFIELD HIKE

Saturday, September 26

Time: 8:00 a.m.

Rating: A

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

I have done this route once before. It is a longer route to Porter then Cascade, 11 miles roundtrip, and more of an elevation gain, almost 3,300 feet, to the top of Porter. This is a trail that does not seem to get a lot of use. Bring your lunch. We will meet at 8 a.m. at Exit 29. Carpooling arrangements for those from the south will be made at sign-up.

YMG — CLIFFS AND FALLS HIKE

Saturday, September 26

Time: 8:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

Fish Hawk Cliffs, Indian Head, Rainbow Falls, and Beaver Meadow Falls. Wow, this is going to be an awesome hike! Each an incredible destination by itself, but together should make for quite a memorable day. Approximately 10 miles round trip at a comfortable pace, with just enough elevation gain to get your blood pumping. Rain will cancel.





**Kids Walk,
Tuesday, April 14,
Maureen Coutant,
10 participants**

- We had wonderful weather for our walk around the lake. The kids did a sensory scavenger hunt ... ie. found things that were smooth, rough, beautiful, soft, etc. Later we looked for animal homes and found quite a few: beaver lodge, birds' nests, tree nooks, snail shell, etc. The kids (and adults) enjoyed the water, beach and playground as well as the trail through the woods. See the photo gallery for photos from the trip. Participants: Genevieve (6) and Maureen Coutant, Adam (almost 2) and Jill Gruben, Albina and Gabriella (6) lentile, Kyra Lombard (6) and George and Irene Sammons

**Moreau Lake State Park, Saturday, April 4,
Reg Prouty, 3 participants**

- Three friendly ADK members followed the described planned route on a beautiful early Spring Day, reaching the Spier Falls overlook just in time for a leisurely lunch behind a large boulder field so we could be out of a biting wind. We took the easy and shorter way back, descending on the Orange trail, exiting at the old hotel foundation where we started. It was a great way to get a Spring warm up. Participants: Reg Prouty, Carolyn Cyr, Christine Bourgeois.

**GF Area Walk/Hike, Tuesday, April 7,
Maureen Coutant, 9 participants**

- Due to forecasted snow flurries on Tuesday our trip was moved to Thursday and were we ever glad! It was a beautiful day and much warmer than earlier in the week. We hiked this week to the Pilot Knob Lookout and then up to the waterfall. The last time we were there was in the fall, there was hardly a trickle of water ... it pays to come in the spring! It was a beautiful sight. Everyone enjoyed the hike, sights and beautiful day. No spring flowers on this day, but I've heard they are coming out as of mid-April. The ticks were out even then though ... so be sure to check yourself! See gallery for photos from the hike. Participants: Ray Bouchard, Maureen Coutant, Ely Fuller, Liz Gee, Licia Mackey, Bob Powell, Gary Rodd, Sandi Sullivan, Rudy Tomasik

**Saratoga National Historical Park, Saturday, April 11,
Rich Crammond, 4 participants**

- This was a great day in the park, with cool air but nice for hiking. The pines had a nice smell. We saw garter snakes, skunk cabbage, blue birds and lots of deer. Hiking with three teachers was also a learning experience. I was impressed by their interest in the landscape. Every ADK outing is a learning time and a way to be closer to nature. Thanks to three rugged ladies for hiking along on this spring day. Participants: Carolyn Cyr, Madeline Kowalik, Chris Bourgeois, Rich Crammond

**Snowy Mountain, Sunday, April 12, Bill Carpenter,
6 participants**

- Snowy Mountain lived up to its name with lots of snow up top. Thankfully, it was a great sunny day for sliding around in the snow! Good times for all. Participants: William Milar, Laura Milar, Ben Milar, Billy Milar, Alison Darby, Bill Carpenter

**Glens Falls Area Hike, Tuesday, April 21,
Maureen Coutant, 5 participants**

- We waited for the best day of the week and wound up doing this hike on Friday. We hiked to the cabin on Thomas and then to Cat. We had thoughts of hiking the ridge trail between Thomas and Cat, but with a time factor and not being sure where the trail started from the Thomas side, we decided to save that for another day. This left us more time to enjoy the views and even catch some rays on Cat! See photo gallery for pictures. Participants:



Maureen Coutant, George Sammons, Gretchen Stark, Vicky Wasson, Ned from Saratoga

Stevens Pond/Rock Lake, Saturday, April 25, Rich Crammond, 4 participants

- What a nice day to be on an ADK outing. We saw a BIG loon with an EVEN BIGGER fish — had to be almost two feet long. Lunchtime for the loon so we had our lunch as we watched. Stevens Pond was worth hiking — it is a cool-looking place. Rock Lake was nice but had a short muddy trail. The Adirondacks is always a super place to be any time of the year. Thanks to three rugged ADKers for being there on this outing. Participants: Reg Prouty, Mary Ann Moran, Rich Myette, Rich Crammond

Glens Falls area walk, Tuesday, April 28, Maureen Coutant, 6 participants

- This was a new area for the group and very handy for those who live in the Queensbury area. We parked down the road and walked to the Preserve due to the small parking area and to get a little more exercise. The total mileage was only about 3 miles, but the Preserve hike had enough ascent to get our hearts pumping. The bugs weren't bad yet and we could see a little bit of snow on the top of West Mountain. We also found a couple of geocaches. Participants: Ray Bouchard, Maureen Coutant, Bob Powell, George Sammons, Victoria Warren, Nancy Weber

Bullhead Mountain/Hour Pond Hike, Saturday, May 2, Rich Crammond and Jayne Boudier, 5 participants

- This was by far a most rugged outing this year but a rewarding one also. We found the crash site and the summit of Bullhead Mountain. There were signs of moose on the way down. This was a real good, mixed-up under-growth-crash-and-bash bushwalk to the top ... well, maybe not so good. Hour Pond will have to wait, not enough time on this hike. Everyone did well and we all arrived safely back at the trailhead. What a rugged group! Thanks to all for coming along. Participants: Annie Clary, Bob Reepmeyer, Mark Janey, Jayne Boudier, Rich Crammond

Deer Leap, Saturday, May 2, Lorraine MacKenzie, 8 participants

- FIRE! Yes, FIRE! The flames had subsided but there were embers crackling in the wind, smoke rising from the charred ground and the smell of smoke surrounding us. Three shovel-toting forest rangers told us everything was under control and it was safe to continue. It started with a lightning strike three weeks prior, it had been contained for a few days and they were just making the rounds. Right next to the scene there was a pond and ground that was wet from the rain the night before. This reinforced the safety of the location. We continued on to Deer Leap, marveled in the beauty of Lake George and the surrounding landscape, with the strong sense of reality of how all can be lost in just a flash! Participants: Sandra Sangallo, Sally Olsen, Ralph English, Sharon Zaccari, Holly Groos, Tom Groos, Mary Ann Moran, Lorraine MacKenzie

Spring Bird Walk, Peebles Island State Park, Saturday, May 2, Rich Speidel, 7 participants

- One of the neat things about birds in the springtime is that our year-round residents (e.g., mallards, chickadees, blue jays) mix and mingle with migratory species (e.g., sandpipers, swallows, orioles) arriving from points hundreds or thousands of miles to the south. We met these birds and many more while circling Peebles Island, where the Hudson River and two branches of the Mohawk help to bring them in. Despite mostly cloudy skies and a chilly breeze at times, we identified 48 species of birds ... a fine variety of feathered friends! Participants: Audrey Benson, Gail Epstein, Liz Gee, Alan Gee, Sharon Monast, Jim Ries, Rich Speidel

Waterfall Hike, Beaver Meadow Falls/Rainbow Falls Sunday, May 3, Pat Desbiens and *Sandy Yellen, 19 participants

- We had a good turnout for this one, seasoned as well as new hikers. We started out on the Ausable Club Road (a good move because of muddy conditions) to Beaver Meadow Falls. Because of the snowmelt, it was spectacular! Then onto Rainbow Falls via the trail. The sun peaked out momentarily for another great view. Those who chose to return with Pat after the first waterfall were rewarded with the sighting of two deer. All in all, a great hike. Participants: Joe Paszko, Kristen Ross, Joanne Fritz, Melissa Ross, Ana Ross, Fran Balch, Licia Mackey, Laura Fiske, Terry Peek, Sandra Sangayllo, Steve Buttner, Steve and Susan O'Neil, John Synakowski, Jim Brown, Lynn Mayack, Pat Desbiens, Jack Whitney, Sandy Yellen.

Black Mountain, Sunday, May 3, Bill Carpenter and Alison Darbee, 8 participants

- As usual Black Mountain provided a nice hike with a good-humored group. We had lots of pondering about what lake is that? What pond is that? How far is that lean-to? The maps were out a bit to answer these queries all in good fun. Saw plenty of wild flowers too on this hike. Participants: Carolyn Cyr, Kathy McAuley, Ray Boucher, Susan Keely, Gary Rodd, Ned Martone, Bill Carpenter, Alison Darbee

Saratoga Wildflower Hunt, Tuesday, May 5, Maureen Coutant, 6 participants

- We drove through a few sprinkles, but didn't get wet while hunting the North Woods at Skidmore and then the Orra Phelps Preserve for wild flowers. We saw all kinds of cool flowers and were able to identify most of them thanks to our guide books and collective knowledge! Highlights: White trillium, 2-leaved miterwort, foam flowers, jack-in-the-pulpit, a grove of skunk cabbage and little red efts everywhere! Participants: Fran Balch, Maureen Coutant, Ely Fuller, Albina Ientile, Licia Mackey, Bill Scharz



Hoffman Notch, Saturday, May 9, Bill Morse, 7 participants

- A beautiful day for a hike. A few flies at the trailhead, but very few in the woods. A great point to point hike with lots of wildflowers to see. It was nice to have a couple of people who knew the flowers. (I will now always be able to identify a trout lily.) For the fishermen among us, we saw two nice-looking streams and one nice-looking pond. (Only a 3.8-mile canoe carry for that pond.) We added a couple of stream crossings where removing boots was best. We got out of the woods just ahead of some thunderstorms and hail. A good trip. Participants: Terry Rodrigues, Phyllis Fox, Dan Forbush, Peg Mangano, Kathy Quoi, Yvonne DeMarino, Bill Morse

Spring Bird Walk, Wilton Wildlife Preserve & Park, Saturday, May 9, Rich Speidel, 20 participants

- Our large but quiet group enjoyed a productive walk. We started at a pond and observed green herons and several other birds. Later we heard the tantalizing song of the black-throated blue warbler. This attractive species arrives each spring from the West Indies. Like other warblers, they are small, active, and often difficult to observe (a “needle in a haystack” of woodland vegetation). We spent nearly an hour trying to locate this elusive songster, but it remained hidden or out of range. Our patience was rewarded when a black-throated blue appeared on a high branch in an open tree. We were grateful for this sighting, which was one of 37 species identified during the morning. Participants: Nancy and Dennis Belt, Pat Brennan, Lindsey Duval, Gail Epstein, Nancy Fairbanks, John Foster, Cathy and Keith Hall, Marcia Martin, Peg McCarty, Nancy McPhaul, Jenny Mirling, Linda and Bill Schmidt, Donna and Charles Seymour, Joan and Bob Stevens, Rich Speidel

Wildflower Hike/Fire Tower, Hadley Mountain, Sunday, May 10, Jack Whitney, 10 participants

- We joined Ruth Schottman and group from the Schenectady chapter of the ADK. The group split into two groups with Nancy Slack taking the first and Ruth taking the last up the mountain. Many wild flowers and some trees were identified. Arriving at the top we had great views but it was a bit windy. Dropping down to the cabin site we enjoyed lunch and the great conversation. Many thanks to Ruth Scottman, Nancy Slack and the Schenectady group for this learning experience. Participants: Anne Granger, Michael George, Pat Desbiens, Licia Mackey, Susan Keely, Nancy Weber, Joseph Sywnkerski, Sandy Yellen, Neil Van Dorsten, Jack Whitney

Wildflower Hike, Monday, May 11, Maureen Coutant, 14 participants

- We did find a mountain full of wildflowers on Hadley. I especially loved the painted trillium and the trout lilies in bloom ... and the jack in the pulpit. The black flies loved us! We've seen worse, but they were annoying! This was Vicky's last trip with us before heading back over the pond and it was a trip of firsts for her — a firetower hike, picking up a travel bug from the geocache (safely relocated now to England, and eating a piece of a bear claw from Panera Bread. We look forward to seeing her again soon when she comes back to “vacation!” See the photo gallery. Participants: Ray Bouchard, Ray

and Sandy Clauser, Maureen Coutant, Ely Fuller, Peter Hansel, Licia Mackey, Mickey Magee Onofrietto, Bob Powell, Gary Rodd, George Sammons, Gretchen Stark, Sandi Sullivan, Vicky Warren

Thursday Evening Paddle, Wednesday, May 13, Maureen Coutant, 10 participants

- A booked schedule and a rainy Thursday forced me to move this wonderful trip back to Wednesday. I hope to do it again for all who couldn't make it due to the schedule change! We had a great paddle up the inlet and almost made it to 2nd Lake ... I think it was widening out ... we were almost there. It was a good try and great company as always. Check the GPS map and photos under the Trips tab. Participants: Carolyn and Ray Bouchard, Maureen Coutant, Bob Powell, Gary Rodd, George Sammons, John Schneider, John Synakowski, Bill Thomas, Rudy Tomasik

Spring Bird Walk, Pack Forest, Warrensburg, Saturday, May 16, Rich Speidel, 7 participants

- We had partial sunshine for the first hour, and then turned cloudy and breezy the rest of the morning. There was also light rain for a short time. Despite difficult viewing conditions and the elusive nature of the birds we were seeking, our combined “eagle eyes” led to brief sightings of black-throated green, magnolia, parula and yellow-rumped warblers. Other migratory and resident birds were heard or seen throughout the morning. When the final list was tallied, we were pleasantly surprised: 42 species! This was an excellent assortment of birds, especially given the unsettled weather conditions. Participants: Fran Balch, Mary Cambria, Gail Epstein, Bruce Goodale, Mary Ann Moran, Jack Reber, Rich Speidel

Ampersand Mountain, Sunday, May 17, Bill Carpenter, 7 participants

- Ampersand was a good climb with time taken to stop and check out the wild flowers along the way. We had clear views and found a sheltered spot to enjoy the top for a bit out of the wind! Participants: Sandy Yellen, Jackie Kenen, Dan Monroe, Ray Boucher, Jack Whitney, Bill Carpenter, Alison Darbee.

GF Wildflower Walk, Wednesday, May 20, Maureen Coutant, 5 participants

- We walked along the 5K ski trail and added a little extra. The bugs weren't bad and the lupine and columbine was in bloom. We think we even saw a Karner Blue butterfly. Participants: Maureen Coutant, Albina Ientile, George Sammons, Bill Schwarz, Nancy Weber

Thursday Evening Paddle, Thursday, May 21, Maureen Coutant, 12 participants

- We meandered about in the wetland area and got right up next to the Great Escape. No we didn't pass any swan boats although I was on the lookout. We saw the Glen Lake osprey hunting for dinner though. Our dinner plan for the Docksider was spoiled by the long line on this beautiful Thursday evening — everyone wanted to be on the water I guess! Participants: Jim and Maureen Coutant, Paul Dietershagen, Cheri Green, Andrew and Anne Paolano, Bob and Sandy Powell, George Sammons, Bonnie Whitman, Alison Seville, Bill Thomas



Seward Range Hike, Saturday, May 23, Jack Whitney and Bill Carpenter, 17 participants

• With an early meeting time at Panera Bread we decided to go up to Exit 30 and skirt Lake Placid for Coreys Trailhead. We were lucky, for if we had gone through Indian Lake to Tupper Lake we would have never made it to the trailhead. Due to a fire, the traffic on the road had been blocked and several of the hikers never arrived at the trail head. We started from the trail head at 7:30 and arrived at the junction to Calkins Brook trail in about 45 minutes. Up to Donaldson and taking a short break, hiked over to Emmons and then back to Donaldson. We arrived at Seward at around 2:15. Congratulations to Dan Monroe on his 46th High Peak. Finally back over to Calkins Brook trail head and down to our cars at the trail head. Since our hike up the trail this morning, someone had lengthened the trail on our return journey. Participants: Joesph Murphy, Chris Brown, Ray O'Connor, Manny Cirenza, Dan Moellman, Dan Monroe, Thersa Blanchard, Madeline Kowalik Bowa, Charlie Czek, Trica Lockwood, Frank Coppa, Matt Melsert, Bill Carpenter, Lucas LaBarre, Walter Bassarb, Eberhard Burkowski, Jack Whitney

Wildflower Hike, Tuesday, May 26, Maureen Coutant, 6 participants

• We saw a few wildflowers, but we didn't see any rattlesnakes! Some were disappointed about that, but Sarah wasn't in that group! It was a great day to be out. Blue skies, cool temp, and enough of a breeze to keep the bugs away. We hiked out to the end of the Deer Leap trail on Tongue for lunch, found a geocache, and hiked back. We made a quick stop into the CCC pine forest at the Clay Meadow trailhead and made it back to Queensbury by mid-afternoon. Participants: Kayla Chevalier, Maureen Coutant, Mike George, Peter Hansel, Sarah King, George Sammons

Crane Mountain Loop, Sunday, May 31, Sandy Yellen, 12 participants

• It started out as a nice day but was cold and windy with sprinkles at the top. But when we got to the pond we had a nice relaxing time, snacking in the sun on a large rock. Rock scrambling, ladders, wildflowers, good views on the way and good people. What a great day! Participants: Terry Peak, Susan Howard, John Synakowski, Bud Bergman, Wayne MacFarran, John Devine, Nancy Weber, Martha Waldman, Jack Whitney, Susan Keely, Marie Lopez, Sandy Yellen.

GF Area Walk, Tuesday, June 2, Maureen Coutant, 7 participants

• We hiked 6.8 miles from the beginning of the Feeder Canal over the bridge to SGF and along the Hudson River on the walkway. After visiting our favorite rainbow trout, we headed back. Also spotted: Great Blue Herons, two sets of Canada Geese with three goslings each, and some ducks. Great hike and company as always. Participants: Maureen Coutant, Margaret Curtis, Emilie Gould, Peter Hansel, Albina Ientile, George Sammons, Kathy Taylor

Welcome! New Outings Leader

DANIEL R. MONROE, JR.

Dan is an avid hiker who just recently completed climbing the 46 highest peaks in the Adirondacks, as well as, completing the fire tower challenge. Dan lives with his wife in Hudson Falls. Before retiring, he was a successful businessman owning his own plumbing company in addition to a motel. Dan is the father of three adult children. He served as an assistant scout leader when his children were growing up. Dan is now enjoying his retirement, hiking with his wife and joining many outings of the Glens Falls/Saratoga Chapter. Dan states that he looks forward to co-leading some hikes and then taking on leadership duties.

ADIRONDACK

By Jonathan Lane

Adirondack

Amongst the trees, peaks, and ponds
Deer and squirrels forage and play.
Immersed in the silence and solitude that
Radiates from the surrounding beauty, we smile.
Our daily stress has dissolved and a
New day begins. We are one with the
Ducks, the raccoons, the porcupines.
And we are even at peace with the clever
Chipmunk, who snuck into our packs, quite
Keen to sneak away with all our gorp.

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. 2 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

WESLEY HEALTH CARE CENTER

131 Lawrence Street, Saratoga Springs, NY 12866, 587-3600

- From the South: Route 9 North. LEFT onto CHURCH STREET. RIGHT onto LAWRENCE.
- From the North: EXIT 15 off of the Northway. RIGHT onto ROUTE 50 South. Continue onto VAN DAM STREET. RIGHT onto LAWRENCE STREET.

CARL R'S CAFÉ RESTAURANT AND BAR

Main Street and Interstate 87, Glens Falls, NY 12804 793-7676

- EXIT 18 of the Northway. Turn EAST onto MAIN STREET. Carl R's is on the RIGHT.

LAKE GEORGE ADK HEADQUARTERS

814 Goggins Road, Lake George, NY 12845, 668-4447

- EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT.

SARATOGA SPRINGS PUBLIC LIBRARY

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

- From Northway (I-87)

Take Exit 14 onto Route 9P North (Union Avenue).

Proceed 1.5 miles, past three traffic lights to 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 in to downtown, up to the main street. 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.



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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