



chepontuc — "Hard place to cross", Iroquois reference to Glens Falls

Chepontuc Footnotes

THE NEWSLETTER OF THE GLEN FALLS-SARATOGA CHAPTER OF THE ADIRONDACK MOUNTAIN CLUB

Pharaoh Wilderness area needs your help

The Glens Falls-Saratoga Chapter of ADK has joined with the New York State Department of Environmental Conservation (DEC) in the Adopt-A-Wildland Program. Our adopted wilderness area is the Pharaoh Lake Wilderness Area. This heavily used area is in perhaps its best condition in recent years. Pressure on Pharaoh Wilderness Area ("PWA") begins in early spring when trout season opens. Unlike past years, the popular camping areas were relatively free of litter, fireplace unburnables, beer and liquor bottles left behind by people taking advantage of the excellent trout fishing in PWA lakes and ponds. Easy access to Pharaoh Lake from Beaver Pond Road pressures this resource all summer. While many come to revel in solitude, hike Pharaoh and Treadway Mountains, or simply relax waterside listening to loon calls at night; some come to party. This has been a good season.

As adopters of this wilderness area, we are concerned with observing and reporting to DEC such things as:

- Faulty privies
- Messy lean-to areas
- Illegal trail use, especially ATV use
- Trail conditions
- Damaged bridges
- Sightings of rare or endangered wildlife
- Problems with bears
- Trailhead parking problems
- Incorrect or missing signs, etc.

If you are hiking in the Pharaoh Wilderness Area and notice any of these conditions, or something that causes you concern about the condition or usage of this area, please contact me, Jim Schneider at 581-9367. Feel free to comment on positive aspects of your experience in this area as well. I will forward information to DEC. Thank you for helping us participate in the "Adopt-a Wildland" program.

— Jim Schneider, Wilderness Chair

Hikers alerted to muddy trail conditions

Use extra caution on trails this spring

New York State Department of Environmental Conservation (DEC) Former Commissioner Denise M. Sheehan has urged hikers of the Adirondack High Peaks to be cautious during trips into the area and to postpone hiking on trails above 3,000 feet until otherwise advised.

"During warm and wet spring weather, many trails in higher and steeper portions of the Adirondacks can become hazardous to hikers," Former Commissioner Sheehan said. "In the current muddy conditions, trails and the plants that surround them are also particularly sensitive to human disturbance. Anyone setting out to enjoy the trails of the Adirondacks this spring should use extra caution to protect themselves, the trails and our natural resources. This will help to avoid injury and eliminate the need to perform costly repairs to the trails this summer."

Trails to Avoid

To avoid damaging natural resources and promote safety, hikers are advised to use trails only at lower elevations during the spring mud season. Lower trails usually are dry soon after snowmelt and are on less erosive soils than the higher peaks. DEC is asking hikers to avoid the following trails until muddy conditions have subsided:

High Peaks Wilderness Area — all trails above 3,000 feet—wet, muddy snow conditions prevail, specifically at: Algonquin; Colden; Feldspar; Gothics;

Indian Pass; Lake Arnold Cross—Over; Marcy; Marcy Dam; Lake Colden; Phelps Trail above Johns Brook Lodge; Range Trail; Skylight; Wright, and all "trail-less" peaks

Dix Mountain Wilderness Area

— all trails above Elk Lake and Round Pond

Giant Mountain Wilderness Area

— all trails above Giant's Washbowl, "the Cobbles," and Owls Head

Trails to Try

DEC suggests the following alternative trails for hiking, weather permitting:

Debar Mountain Wild Forest

Azure Mountain

Giant Mountain Wilderness

Giant's Washbowl and Roaring Brook Falls

High Peaks Wilderness

— Ampersand Mountain; Cascade; Big Slide; Brothers, and Porter from Cascade; avoid all other approaches

Hurricane Primitive Area — The Crows and Hurricane Mt. from Route 9N

McKenzie Mountain Wilderness

— Haystack Mountain and McKenzie Mountain

Pharaoh Lake Wilderness Area

— Pharaoh Mountain

Saranac Lake Wild Forest — Baker Mountain, Panther Mountain and Scarface Mountain

Go the extra mile with ADK

BY HEIDI teRIELE KARKOSKI

ADK is a strong organization because of the strength of its members. Collectively we “move mountains” by joining together to promote the preservation and responsible use of the Adirondack and Catskill wilderness regions. Being a part of the Glens Falls-Saratoga chapter, you join your neighbors in voicing your commitment to protecting the recreational opportunities that are so close to home and heart.

The programs, outings and events that are offered by our chapter happen because of volunteer members who have answered the call. I am never disappointed when I open my *Chepontuc Footnotes* and read the list of hikes, paddles, and other activities that fill the pages. I wish I could participate in all of them! I went to Ampersand Mountain recently on an outing and found myself thinking about how fortunate it is that people are introduced to new experiences and beautiful places in the company of ADK friends. Outings chairperson Jack Whitney and his group of trip leaders do an outstanding job keeping our calendar filled with opportunities.

I am pleased to announce that two

members have joined the Executive Committee, filling the Programs and Newsletter chair positions. These are vital links in communicating our mission to our chapter members and the general public. If you have ideas for articles or programs, give them a call! We welcome you to share your experiences with fellow members. Learn more about Terry and Jill later in this issue.

I am grateful for the support, enthusiasm and expertise of the Executive Committee

members with whom I am pleased to work. They are your links, executing ADK’s mission through their involvement in various aspects of our mission including education, publicity, conservation, membership, and more.

As winter progresses into spring there will be increasing opportunities for you to lend a hand at ADK. Think about going “the extra mile” and signing up for trail work, clean-up days, or lead an outing. At the club level there are numerous volunteer positions, both indoors and out, listed on the website. Volunteering helps stretch budget dollars and makes you feel more connected. Plus it can be really fun too! The best way to thank a volunteer is to become a volunteer. I hope you can walk this mile with me.

CHAPTER CHAIR Report

ADK can always use extra volunteers. Sign up today for trail work, clean-up days or to lead an outing.

Chepontuc Footnotes

Published Bimonthly
Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Education Corner

The Education Committee is pleased to announce another successful drive for candidates for our youth camp sponsorship program. Despite the rise in fees, out of the ten applicants for DEC Camps Colby and Pack Forest, we will be able to sponsor five. I wish we could sponsor all, but our budget only goes so far (and thanks to the Executive Committee, it went a bit further this year to adjust to rising costs). Taylor Stroebel and Renee Tanner of Gansevoort, along with Angel DeJesus of Luzerne, will get to participate in a week of environmental activities at Pack Forest. Krystal Defibaugh, also of Luzerne, and Cassidy Clapper of Glens Falls will be heading to Camp Colby to join in the outdoor fun and learning experiences presented there. Our Chapter, as usual, will pay the weekly fee, which has risen to \$325 per candidate. Our candidates for ADK's Teen Trails program are presently being finalized.

It looks like we'll also be helping out with the Glens Falls Recreation Center's Outdoor Education Day in Crandall Park and Cole's Woods come May and, we hope to, once again, enlighten the third graders during Queensbury Elementary School's annual Adirondack Day.

I invite anyone who wishes to join our committee and/or offer new ideas or a helping hand to call or e-mail me at 696-7265 or lrnado@hotmail.com.

— Linda Ranado, Education Chair

2008 Chapter finances

Last year, the Glens Falls-Saratoga Chapter had a total income of \$26,727 and spent a total of \$26,721.

Revenues included \$22,601 in dues money (the Main Club provides the Chapter 30 percent of all Club dues paid by Chapter members), \$3,509 for the Chapter Banquet, \$108 in interest, and \$509 in other revenues.

The greatest Chapter expenditure was \$12,120 for *Chepontuc Footnotes*, our bimonthly newsletter. Other large expenses included \$5,149 in donations to support the activities of the Main Club, and \$4,434 on the Chapter Banquet. The Chapter contributed \$1,500 to support youngsters going to DEC Camps and ADK Youth Trail Work Programs. We spent

\$1,320 to run our Outing Program, including honoring our trip leaders and reimbursing them for taking a Wilderness First Aid course. We also contributed \$850 to other like-minded outdoor organizations. Additional expenses of \$1,348 funded activities of Chapter Committees such as Programs, Publicity, Trails, Hospitality, Conservation, and the administrative functions of the Chapter.

The Chapter ended 2008 with a six dollar surplus, and total year-end assets of \$8,575.

Chapter members may direct questions to John Schneider, Chapter Treasurer at 584-8527 or jschnei7@nycap.rr.com.

— John Schneider, Treasurer

Welcome Jill Gruben, Newsletter Editor

In 2001, I moved to the Capital Region and began climbing the High Peaks. Since then, I have hiked half of the 46 High Peaks and much of the smaller mountains and pond trails in the Adirondack Park. I have hiked throughout the U.S., but find the Adirondacks to be the most rugged and reflective.

Before attending law school, I studied journalism and fine arts. I currently manage my own law firm, located in Malta, where I primarily focus on labor/employment issues, defamation, wills/trusts/guardianships, litigation and general practice areas.

My husband, toddler son and I have a family membership in the ADK. We hope our child will view the landscape with awe and appreciation. It is a pleasure to share life's bounty with him and all of you!

If you have any submissions and/or suggestions for the newsletter, please feel free to contact me at 309-4198 or jaliciag2001@yahoo.com

— Jill Gruben

Welcome Terry Peek, Programs Chair

I am a lifetime resident of Southern Saratoga County, having lived in Clifton Park most of my life. I currently work in telecommunications as a Network Surveillance coordinator, and I attended Sage College in Albany for much too short a time.

I acquired a love for the Adirondacks at a young age, my mom being from Johnsbury, my family spent our summer vacations camping in the Adirondacks my entire life. Hence the Adirondacks have become my second home.

I have been a member of ADK for three years and am currently working on the Fire Tower Challenge. I just don't seem to be able to get those Catskill towers behind me though, I'd much rather do all of the Adirondack towers a second time.

— Terry Peek

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.



The Wonderful World of Butterflies and Moths

This slide presentation will begin with a discussion of the remarkable characteristics of butterflies and moths. There will be an emphasis on local species: their life cycles, host and nectar plants, as well as special features. We will also touch on survival techniques in regard to natural enemies and winter weather.

Betty Nickles is a retired professor of biology and physics. Since retiring, she has become an avid naturalist and nature photographer, spending much time visiting local nature areas and preserves, studying and photographing the native flora and fauna. She has a special love for butterflies and moths.

Program to focus on winter in Southern Florida

A 2008 graduate of SUNY Potsdam, Katie Christman majored in Environmental and Native American Studies. She is a member of the Hudson Valley Americorps Student Conservation Association, serving as an Environmental Educator at Five Rivers Center in Delmar. Katie will give a talk on Winter in Southern Florida, its Biology and Environment.

Program

'THE WONDERFUL WORLD OF BUTTERFLIES AND MOTHS'

WHEN: 7 P.M., APRIL 30

WHAT: TALK,
SLIDE SHOW WITH
BETTY NICKLES

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM

Program

'ECOLOGY TRIP TO FLORIDA'

WHEN: 7 P.M., MARCH 26

WHAT: TALK WITH
KATIE CHRISTMAN

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM

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.

New members

GF-S CHAPTER

New members to the GF-S Chapter:
NOVEMBER 2008

- Harry, Braeden & Noah Bassett, Hadley
- Joseph Bunk, Saratoga Springs
- Michele Chank, Saratoga Springs
- Peter, Tami, Connor & Casey Cohan, Greenfield Center
- Bert Hoenighann, Glens Falls
- Peter, Erin, Julian & Jaden Kobar, Schuylerville
- Joshua Lee, Saratoga Springs
- Sherri Legere, Schuylerville
- Steven & Susan O'Neill, Rock City Falls
- Charles, Ana & Elizabeth Paul, Glens Falls
- Deborah, Kent, Sarah & Ashleigh Phillips, Queensbury
- Joan Bleikamp, William, Katy & Anna Ralston, Greenwich
- Gene Salerni, Saratoga Springs
- Richard & Judy Schmonsky, Ballston Spa
- Kim, David, Alexander & Daniel Shaw, Wilton
- Roger, Trish, Brandon & Ryan Stites, Saratoga Springs
- Jody Terry, Saratoga Springs
- Anita Vigorito, Wilton
- Robin Woodin, Northville

DECEMBER 2008

- Robert Butler, Ballston Lake
- Nancy Butler, Jim, Thomas & Joulianne Burns, Clifton Park
- David, Sheri, Jenna & James Cowie, Malta
- Richard Drew & Margie Barrett, Queensbury
- Steve & Lee Howard, Saratoga Springs
- Wesley Keays, Gansevoort
- Donald McMahon, Gansevoort
- Robert Moran, Gansevoort
- Rebecca, David, Jardon, Skyla & Silas Moyer, Unadilla, New York
- Willia, Tabitaha, Owen, Oliver & Vivian Orthwein, Saratoga Springs
- Ellen, Harold, Gregory & Erica Redling, Waterford
- Benjamin Simpson, Hudson Falls

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.



Glens Falls-Saratoga Chapter Donations & Memberships 2009

Local Organizations — These local area organizations work to preserve open space, watersheds, nature and wildlife preserves, and promote local recreational opportunities such as trails, canoe access and parklands. Our chapter has worked with all of these organizations on projects such as trail preservation, open space acquisition, trail building, wetlands preservation and promoting public policy that benefits the land or water resource. We also sponsor outings to nature preserves, trails, rivers and areas these organizations have worked to maintain.

- **Battenkill Conservancy-New York** (Washington County)
- **Feeder Canal Alliance** (Warren County)

- **Friends of Kayaderoseras** (Saratoga County)
- **Lake George Land Conservancy** (Warren County)
- **Saratoga PLAN** (Saratoga County)
- **Wilton Wildlife Preserve and Park** (Saratoga County)

Fire Tower Organizations — Our chapter supports these groups as an extension of our Fire Tower Challenge project. They work to preserve and maintain fire towers, as well as access and trails to the towers.

- **Friends of Poke-O-Moonshine Fire Tower**
- **Friends of Spruce Mountain Fire Tower**
- **Hadley Mountain Fire Tower**

- **Vanderwhacker Fire Tower**

Adirondack Organizations
Adirondack Nature Conservancy & Adirondack Land Trust — This organization helps NYS acquire additional lands for the Adirondack Forest Preserve, and protects farmlands and undeveloped lakeshore through conservation easements.

Residents' Committee to Protect the Adirondacks (RCPA) — This group's mission is "to work to improve the stewardship and long-term protections of the natural and human communities of the Adirondack Park," accomplished through projects, scientific assessment programs, and promotion of public policy to benefit the lands and people of the Adirondack Park.

Conservation News

ADK, Others File Brief with the United States Supreme Court in Mercury Case — In February 2008, ADK won a major victory when a federal appeals court threw out the Environmental Protection Agency's Clean Air Mercury Rule (CAMR). The cap-and-trade program allowed polluters to buy pollution credits and emit mercury without pollution controls, which in turn resulted in regional mercury "hot spots." (Two recent studies have linked coal-fired power plants to mercury hot spots in the Adirondacks and Catskills.) The U.S. Circuit Court of Appeals for the District of Columbia ruled that the EPA mercury plan conflicted with the clear language of the federal

al Clean Air Act, which requires each power plant to install the best technology available to reduce mercury emissions by as much as 90 percent. The utility industry and the EPA petitioned the Supreme Court to review the lower court's decision. On January 29, 2009, ADK joined with health and environmental organizations and several states in filing a brief asking that the ruling stand.

Current levels of mercury deposition in the Northeast are four to six times higher than the levels recorded in 1900. Ninety-six percent of the lakes in the Adirondack region and forty percent of the lakes in New Hampshire and Vermont exceed the recommended EPA action level for methyl mercury in fish. Further, mercury is present in two-thirds of Adirondack loons at levels that negatively impact their reproductive capacity, posing a significant risk to their survival.

For further conservation information please contact Jacki Bave at 587-3754 or jackibave@gmail.com



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: March 26, April 30

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 Wesley Health Care Center. Future Meetings: March 4

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: March 18

Month		Outing Type	Destination	Leader/Contact	Rating	
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	Esther Mountain	Bill Carpenter	A
	21	Sat	Hike/Snowshoe	YMG — Goodnow Mountain — Fire Tower	Jonathan Lane, Annie Dagastine	C+
	22	Sun	Hike/Snowshoe	Camel's Hump Bushwack	Jayne Boudier	A
	22	Sun	Hike/Snowshoe	Owl Head Lookout (Not Owls Head)	Pat Desbiens, *Sandy Yellen	B-
	24	Tue	Walk/Ski/Snowshoe	Tuesday Outing — Leader's Choice	Maureen Coutant	D/B
	26	Thu	Program	Ecology Trip to Florida	Terry Peek	NR
	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	
April	4	Sat	Hike/Snowshoe	Moreau Lake State Park	Reg Prouty	B-
	5	Sun	Hike/Snowshoe	Hoffman Mountain Bushwack	Jayne Boudier	A+
	5	Sun	Hike/Snowshoe	13th Lake	Bill Schwarz	B
	11	Sat	Hike	Saratoga National Historical Park	Rich Crammond	B-
	12	Sun	Hike/Snowshoe	Snowy Mountain	Bill Carpenter	A
	18	Sat	Hike	Hurricane Mountain	Bill Morse	B+
	25	Sat	Hike	Stephens Pond/Rock Lake	Rich Crammond	B
	25	Sat	Other	Tongue Mountain trailwork	Tom Ellis	B
	26	Sun	Hike	Blue Ridge Mountain Bushwack	Jayne Boudier	A
	26	Sun	Paddle	Hudson River Gorge Whitewater Rafting Trip	John Schroeder	B
30	Thu	Program	The Wonderful World of Butterflies & Moths	Terry Peek	NR	
May	2	Sat	Hike	Bullhead Mountain/Hour Pond Hike	Rich Crammond, Jayne Boudier	B+
	2	Sat	Walk	Spring Bird Walk — Peebles Island State Park	Rich Speidel	C
	3	Sun	Hike	Black Mountain	Bill Carpenter	B+
	3	Sun	Hike	Waterfall Hike — Beaver Meadow Falls/Rainbow Falls	Pat Desbiens, *Sandy Yellen	B-
	9	Sat	Hike	Hoffman Notch	Bill Morse	B
	9	Sat	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
	10	Sun	Hike	Eleventh and Diamond Mountain Overlooks	Rich Myette, Jayne Boudier	B+
	10	Sun	Hike	Wildflower Hike/Fire Tower — Hadley Mountain	Jack Whitney	B
	16	Sat	Paddle	Garnet Lake Paddle	Rich Myette, Jayne Boudier	C+
	16	Sat	Walk	Spring Bird Walk — Pack Forest, Warrensburg	Rich Speidel	C
	17	Sun	Hike	Ampersand Mountain	Bill Carpenter	B
	23	Sat	Hike	Macomb, South Dix, East Dix & Hough	Jack Whitney	A+
	23	Sat	Hike	Indian Head and Fish Hawk Cliffs	Reg Prouty	B+
	31	Sun	Hike	Skylight and Gray Mountains	Bill Carpenter	A+



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.*

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 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: 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 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: ESTHER MOUNTAIN

Saturday, March 21

Time: 7:00 a.m.

Rating: A

Bill Carpenter 793-5506

This is the last day to do a winter High Peak to count as a winter 46. Call leaders for details.

HIKE/SNOWSHOE: YMG — GOODNOW MOUNTAIN — FIRE TOWER

Saturday, March 21

Time: 8:00 a.m.

Rating: C+

Jonathan Lane 744-4594 or saratoghiker@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.

HIKE/SNOWSHOE: CAMEL'S HUMP BUSHWACK

Sunday, March 22

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

Camel's Hump is an eyeful — its rock dome and land bridge to Niagara are outstanding features in this beautiful area. Hike is 9 miles (4 trail-less) with 2,000 feet of ascent, at a moderate to leisurely pace. Dix Mountain Wilderness.

HIKE/SNOWSHOE: OWL HEAD LOOKOUT (NOT OWLS HEAD)

Sun, March 22

Time: 7:30 a.m.

Rating: B-

Pat Desbiens 316-1244 or pdesbien@nycap.rr.com

Sandy Yellen 584-2763

The trailhead for this snowshoe/hike is off Route 9N about 5.5 miles from the junction of Route 9N and Route 73 between Keene Valley and Keene and is part of the long approach to Giant Mountain. We will have a spectacular view of Giant Mountain from the Lookout. The trail is easy to moderate to the top of the ridge (2.5 miles from the trailhead) and then it is 0.1 miles up to the Lookout. Beginners are welcome on this hike — the pace will be slow to enjoy the beautiful woods around us. Bring snowshoes and crampons (either boot or good grips on snowshoes for the 0.1-mile ascent to the summit of Owl Head Lookout. Round trip distance is about 5.2 miles.

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

Tuesday, March 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.

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 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: MOREAU LAKE STATE PARK

Saturday, April 4

Time: 8:00 a.m.

Rating: B-

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

This will be an al-day hike using the Orange, Mystery, and Western Ridge trails to complete a loop plus a visit to the Spier Falls Dam Overlook. Pace will be relaxed with a total distance of about 7 miles with plenty of time for a relaxing lunch at the overlook. Meet at Panera Bread in Queensbury at 8 a.m. or at Spier Falls Road and Route 9 at 8:30 a.m.

HIKE/SNOWSHOE: HOFFMAN MOUNTAIN BUSHWACK

Sunday, April 5

Time: 5:30 a.m.

Rating: A+

Jayne Boudier 793-3770

(This is the 3,700 ft. peak we see NW of Schroon Lake). We'll start north up a nice hardwood ridge (with views to the east) to Hoffman's thick, sprucey, viewless summit. A few minutes farther is an excellent peek at Elk Lake and High Peaks. Eleven miles (5 trail less), 2,400 feet of ascent, at a moderate to slow pace.

HIKE/SNOWSHOE: 13TH LAKE

Sunday, April 5

Time: 8:00 a.m.

Rating: B

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

With a new red-blazed trail on the west shore, we can now make a complete circuit around 13th Lake. We may do that, and/or take the spur trail to Hour Pond and have lunch at the lean-to. The route has numerous ups and downs, even as it follows the west side of the lake. Distance is about 8 miles roundtrip, and if the snow has melted, trail conditions may be wet; dress accordingly.

HIKE: SARATOGA NATIONAL HISTORICAL PARK

Saturday, April 11

Time: 9:00 a.m.

Rating: B-

Rich Crammond 584-2380

A moderately strenuous 7-8 mile hike through forest, fields and tour road. Easy pace. (Think Spring = Mud). We will meet at the Visitor Parking Lot off Route 32N.

HIKE/SNOWSHOE: SNOWY MOUNTAIN

Sunday, April 12

Time: 7:00 a.m.

Rating: A

Bill Carpenter 793-5506

This is almost a High Peak. Time to start getting ready for your summer High Peaks! May need snowshoes. Call leaders for details.

HIKE: HURRICANE MOUNTAIN

Saturday, April 18

Time: 8:30 a.m.

Rating: B+

Bill Morse 585-9153 or fishermanpike@yahoo.com

This is Hurricane Mountain from the East, a 2.7-mile hike to the top. Elevation gain of 1,700 feet. This trail takes us by the old observers cabin on the trail that the fire tower observers used. The fire tower is still on top, but cannot be climbed. We will meet at 8:30 a.m. at the Stewart's in Elizabethtown. To get to the Stewart's take a left at exit 30 off of I-87 and follow Route 73 to Elizabethtown. The Stewart's is on the left in the center of town. (Don't blink or you will miss the center.)

HIKE: STEPHENS POND/ROCK LAKE

Saturday, April 25

Time: 9:00 a.m., Grand Union Parking Log, Village of North Creek

Rating: B

Rich Crammond 584-2380

We will hike to Stephens Pond first and then back to the highway and drive to Rock Lake trailhead and hike the short trail to the water. Approximately 8.2 miles of footwork for the day. We may need snowshoes. This hike is in the Lake Durant area. Meeting place is in the village of North Creek at the Grand Union Parking Lot.

TONGUE MOUNTAIN TRAILWORK

Saturday, April 25

Time: 9:00 a.m.

Rating: B

Tom Ellis 638-8395 or hola@hughes.net

We will meet at Panera at 9 a.m. to go to the trailhead along 9N at Clay Meadow. We will drop a car there and go up to the northern end of the trail. We start work there to Deer Leap and then continue on to the cull and work our way down to Clay Meadow. The day should be about 6 hours. Leader has tools.

HIKE: BLUE RIDGE MOUNTAIN BUSHWACK

Sunday, April 26

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

This adventure includes a refreshing ex-beaver dam wade, probably wild flowers, possibly a trail for some of the way, and a plane crash site (for details, read "C-46 crash on Blue Ridge Mountain, NY 1944). Eleven miles (some or mostly bushwacking), 2,200 feet of ascent, at a moderate to leisurely pace. Lake Pleasant.



PADDLE: HUDSON RIVER GORGE WHITEWATER RAFTING TRIP

Sunday, April 26

Time: 8:30 a.m.

Rating: B

John Schroeder 518-798-4734

The Hudson River Gorge offers 16 miles of spectacular whitewater and beautiful scenery. This full day, class III-V whitewater trip, should provide our group with plenty of adventure. Wild Waters has offered our group a very enticing rate of \$60 per person. This price includes all safety equipment, wetsuits, booties, lunch on the river, transportation, and a New York State licensed guide on each raft. An optional dinner can be added to the trip for an additional \$7.50, which I would recommend, as it offers a nice chance to mingle after the trip.

This year's trip is earlier than in past years, which should provide us with bigger water and a more exciting trip. One thing that's certain is that the water will be colder earlier in the season, so dress warmly. This means thick wool socks, heavyweight top and bottom long underwear, an additional fleece/sweater top, and winter hat. Absolutely NO COTTON. A rain jacket and rain pants (to go over the wetsuit) are also a very good idea. Minimum age is 14 years old. Please call Wild Waters directly at 1-800-867-2335 to book your trip and get directions. Be sure to mention that you are with John Schroeder's ADK group rafting on Sunday, April 26.

HIKE: BULLHEAD MOUNTAIN/HOUR POND HIKE

Saturday, May 2

Time: 8:30 a.m., Grand Union Parking Lot, Village of North Creek

Rating: B+

Rich Crammond 584-2380

Jayne Boudier 793-3770

This will be a trail and bushwhack loop hike to a (hope to find) plane crash site, then on to the summit of Bullhead, then down to Hour Pond and back out. Approximately 10 miles round trip. See you there! Meeting place is in the Village of North Creek at the Grand Union Parking lot.

SPRING BIRD WALK — PEBBLES ISLAND STATE PARK

Saturday, May 2

Time: 8:00 a.m., Waterford Harbor Visitor Center

Rating: C

Rich Speidel 623-2587

Peebles Island offers 138 acres of fields, woods and solitude amid urban surroundings. Its location at the confluence of the Mohawk and Hudson Rivers provides habitat for a variety of birds. We will walk across the Mohawk on a historic railroad bridge, then circle the island at a leisurely pace. Along with many active songbirds, waterfowl are often seen from the cliffs, and a bald eagle or osprey is possible. Please bring binoculars and insect repellent. We will record the bird species identified. The rain date is Sunday, May 3. Meeting place: Waterford Harbor Visitor Center

HIKE: BLACK MOUNTAIN

Sunday, May 3

Time: 7:00 a.m.

Rating: B+

Bill Carpenter 793-5506

Great views to be had from this summit. Bring your camera and we might do the loop if group is interested. Call leader for details.

WATERFALL HIKE: BEAVER MEADOW FALLS/RAINBOW FALLS

Sunday, May 3

Time: 7:00 a.m.

Rating: B-

Pat Desbiens 316-1244 or pdesbien@nycap.rr.com

Sandy Yellen 584-2763

It's springtime and I love waterfalls in the springtime. This will be a hike to two of the most spectacular and photographed waterfalls in the Adirondacks. It is about 6 miles round trip with minimal elevation gain to the waterfall at Beaver Meadow Falls — add about another 3 miles round trip up to Rainbow Falls for a total round trip distance for the day of between 6-10 miles. Depending on the level ability of the people who sign up, this can be done as a combination road/trail hike or a total trail hike. The pace will be slow to accommodate picture taking. Children are welcome as long as they can comfortably do the mileage. No dogs are allowed in this section of the Adirondacks.

HIKE: HOFFMAN NOTCH

Saturday, May 9

Time: 8:00 a.m., Exit 29 in the Old Frontier Town Parking lot

Rating: B

Bill Morse 585-9153 or fishermanpike@yahoo.com

This is a through hike of 7.4 miles on the Hoffman Notch Trail. We will park cars at both trailheads. This is a lightly used trail into a very beautiful wilderness area. The terrain is gently rolling, so it is good for all levels of hikers. Bring your lunch and a camera. Expect a moderate pace. We will meet at 8:00 a.m. at Exit 29 in the Old Frontier Town Parking lot. Then park some vehicles on the Blue Ridge Road trailhead and then drive to the trailhead at Loch Muller.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Saturday, May 9

Time: 7:30 a.m., Camp Saratoga, Scout Road

Rating: C

Rich Speidel 623-2587

May is the best month to hear and see migratory birds in our area. Field and forest come alive with a rich variety of songs, and some species dazzle with tropical colors. This will be a leisurely walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we hope to do more stopping and looking and less walking. Please bring binoculars and insect repellent. We will keep track of the bird species identified. The rain date is Sunday, May 10. Meeting place: Camp Saratoga, Scout Road.



HIKE: ELEVENTH AND DIAMOND MOUNTAIN OVER-LOOKS

Sunday, May 10

Time: 7:30 a.m.

Rating: B+

Rich Myette 745-5037

Jayne Boudier 793-3770

We'll hike from the Route 8 Parking area for the Siamese Ponds Trail. We'll climb the shoulder of Eleventh Mountain to some nice views. Then descend, cross Diamond Brook and ascend the shoulder of Diamond Mountain to more views. 6 miles round trip (3 trail less). 1,600 feet total elevation gain. Moderate pace with time for stops.

HIKE: WILDFLOWER HIKE/FIRE TOWER — HADLEY MOUNTAIN

Sunday, May 10

Time: 8:00 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

This will be a co-chapter hike with the Schenectady ADK chapter. Come meet the legendary Naturalist Ruth Schottman, author of "Trailside Notes." She also has written many articles for *Adirondac* magazine. The pace will be slow, allowing Ruth to explain the wildflowers and give participants time to take notes and pictures.

PADDLE: GARNET LAKE

Saturday, May 16

Time: 9:30 a.m.

Rating: C+

Rich Myette 745-5037

Jayne Boudier 793-3770

Canoe/Kayak Garnet Lake. Great views of Crane Mountain and Mount Blue. Possible short hike to Lizard Pond, depending on participants' wishes.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 16

Time: 8:00 a.m., Pack Forest, Route 9, 3/4 mile north of Route 28

Rating: C

Rich Speidel 623-2587

This will be a leisurely walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will visit the towering Grandmother's Tree, a 175-foot white pine some 315 years old. Please bring binoculars and insect repellent. We hope to exceed the 32 bird species identified last year. The rain date is Sunday, May 17.

HIKE: AMPERSAND MOUNTAIN

Sunday, May 17

Time: 7:00 a.m.

Rating: B

Bill Carpenter 793-5506

Join us for the annual Ampersand hike. Getting ready for the High Peaks? Then this hike is for you. From the top gaze into the bold face of the Seward range and then to the distant High Peaks. On turning, one sees the Saranac Lake country. Round trip distance is 5.4 miles with 1,775 feet of elevation change.

HIKE: MACOMB, SOUTH DIX, EAST DIX & HOUGH

Saturday, May 23

Time: 6:00 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@roadrunner.com

Join me for my 3rd annual Dix Range hike. A great slide climb up Macomb with a short walk over to South Dix and then East Dix. Retracing our steps, it will be on to the final mountain of the day, Hough. We will be on herd paths all day — a long but rewarding day. **See note regarding mud season.

HIKE: INDIAN HEAD AND FISH HAWK CLIFFS

Saturday, May 23

Time: 7:30 a.m.

Rating: B+

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

We will make an 8-mile round trip loop going up the Ausable Club Road, possibly visiting Rainbow Falls first, and then on to the breathtaking view of the Ausable Lakes from Indian Head. After lunch we will return via Fish Hawk Cliffs and the Gill Brook trail, which should afford ample opportunity to enjoy all the flumes in the brook this time of year. There will be several hundred feet of climbing on this hike but it is well worth it.

HIKE: SKYLIGHT AND GRAY MOUNTAINS

Sunday, May 31

Time: 6:00 a.m.

Rating: A+

Leader: Bill Carpenter 793-5506

Long day in the mountains going in past Lake Arnold and to the junction. Taking the trail up to Lake Tear of the Clouds and on to the Four Corners. We will go up Skylight first and on to Gray. Call leaders for details.



**Wednesday Morning Walk — Leader's Choice,
December 3, 2008, Maureen Coutant, 8 participants**

- This was our exploration walk. We started in a small Orra Phelps preserve on the west side of the Northway and after walking the short trail there, we made our way over to the Wilton Wildlife Preserve. It was great to see new areas and as always we enjoyed each others' company. Participants: Maureen Coutant, Liz Gee, Albina Ientile, Sam Lantz, Licia Mackey, Bill Schwartz, Sandi Sullivan, Victoria Warren.

**Winter Holiday Extravaganza, December 6, 2008,
Jonathan Lane and Annie Dagastine**

- Canceled due to lack of participants.

**Hadley Mountain, December 6, 2008, Pat Desbiens
and Patti Schwankert, 6 participants**

- It was great to get out in the woods again after months of life's demands urging me elsewhere. As Pat Desbiens' Orthopedic Surgeon didn't agree with HER plan to restart her hiking regime, I was happy to pitch in as leader to a nearby mountain. We left Panera's to Hadley in two cars. Somewhere at that last turn we lost Ned. After searching nearby roads, Dan, Brenda and I went on to meet Liz and Alan at the trailhead. A bit of discussion about footwear and viewing a few inches of snow down below, we opted for a mix of insteps, "STABILicers" and snowshoes. As expected, the trail rock was covered in ice below a thin blanket of fresh snow, but it proved an easy ascent. Since this was the year's first winter hike for most, we took it gingerly at a comfortable pace, stretching and compressing the group along the way. Met up with Bob from Utah who Dan knew from prior outings with his high mountain trekker wife, Lana. Lunched with a 46er couple at the cabin after a brief debate in the windy conditions atop. Gosh do you believe that guy at the cabin had on SHORTS!?! Despite forecasts of overcast skies, the sun broke through for a lovely winter day. Thanks to all for a great day in the hills! Participants: Edward Martone, Daniel Monroe, Brenda Arley, Alan Gee, Liz Gee and the number one leader, Patti Schwankert.

**Hopkins Mountain, December 7, 2008, Jack Whitney,
11 participants**

- We had some problems locating the trailhead but it was finally found. There was about an inch of snow and some ice at the start of the trail, so most of us started hiking in snowshoes, crampons or microspikes. As we climbed higher the snow was deeper so we switched to snowshoes. Within five minutes of arriving on the summit, the clouds parted and the views of the High Peaks were revealed for our enjoyment. Participants: Jessica Gottung, Rich Meyette, Jeff Sullivan, Rich Vinciguerra, Jean Holcomb, Tammara VanRyan, Chris Lincoln, Tricia Lockwood, Sandy Yellen, Ray Bouchard, Jack Whitney.

**Treadway Mountain, December 13, 2008, Bill Morse,
3 participants**

- With the storm and loss of power in the Glens Falls/Saratoga region a number of people canceled. So a small group of three left the trailhead at Putnam Pond on a clear, cool morning. (About 2 below). New snow, clear skies, no wind and cool temps gave us a great hike to the top. This was George's first snowshoe. He took to it right away. I see a winter High Peak hiker after today. Views from the top were incredible. Marsha and I have done this hike numerous times and we both thought the view on this hike was the best. Participants: George McLachlen, Marsha LaPointe, Bill Morse.

**Nun-Da-Ga-Ridge, December 14, 2008, Jayne Boudier,
3 participants**

- After a week of pouring rain, and then power-outing freezing rain and snow, we weren't sure what kind of conditions to expect on this warm, partly sunny, and windy day. But up north had gotten just more snow, not too deep, and the windchill kept it from melting underfoot and from the branches — if not from in between our packs and backs! A five-day-old Ranger's trail left us a faint furrow to follow, and saved us hours of trail-finding. We had great views all day, went the whole way around, and were all happy with our new snowshoes. Out at dusk. Participants: Jayne Boudier, Dan Monroe, Jeff Sullivan.

**W.P.T.R. — Saratoga Battlefield (Sportsman Hike),
December 20, 2008, Rich Crammond, 5 participants**

- Lots of snow for this outing. The deer were in the woods out of the wind so the trails were the place to see more deer. Two very nice people from Oregon snowshoed with us. Not much was stirring not even a mouse. We did see one buck and a red-ailed hawk and no grouse. The snowflakes made star light on our hands. It was a cold snowie outing but very rewarding. Thanks to four hardy souls. Participants: Alan Gee, Liz Gee, Chris Jlek, Sally Gee, Rich Crammond.

**Wednesday Morning Walk — Leader's Choice,
December 24, 2008, Maureen Coutant**

- No trip due to holiday

**Wednesday Morning Walk — Leader's Choice,
December 31, 2008, Maureen Coutant**

- No trip due to holiday



Buck Mountain Annual New Year's Day Hike, January 1, Reg Prouty and Bob Aspholm, 15 participants

- A great, bright, sunny New Year's Day greeted 15 of us as we made our way up the West side of Buck Mountain. A cheery group helped Bob and Reg sing "Auld Lang Syne" on the summit. Bob even had all the words written down this year and we were even on the same key! Thanks go out to Jack for leading the hares up first. What a great way to start a fresh new year off! Participants: Reg Prouty, Bob Aspholm, Bruce Cushing, John Susko, Andy Janz, Jason Lasky, Bill Carpenter, Erin Blair, Jayne Boudier, Wayne McFarren, Jack Whitney, Kathy Quoi, Jeff Sullivan, Alan Gee, Liz Gee.

Murphy, Middle and Bennet Lakes, January 3, Ray Bouchard, 6 participants

- We certainly lucked out with a nice sunny day for a change and 6 congenial people to share it. The going was easy because of the crust on the first foot of snow which was then topped off with another 4" of fluff. The area is rich in history including some paint (red iron oxide) pits near Bennett Lake so I'd like to return this summer to do some exploring and maybe check out some of the beaches that I read about. Participants: Ray Bouchard, Maureen Jones, Margie Litwin, Kristen Ross, Melissa Ross, Art Ostrov.

Introduction to Snowshoe Hike, January 4, Pat Desbiens and Sandy Yellen, 8 participants

- Cat Mountain was chosen for this beginner snowshoe. Eight participants with varying levels of experienced showed up. Everyone participated to the very best of their ability level with the rewards being a great day to be in the woods plus a clear, fantastic view of Lake George and environs from the summit. Congratulations to Sandy on her first hike as a co-leader — we look forward to having you lead hikes for the Chapter. Participants: Rich Myette, Jim Purdy, Ronny Purdy, Jack Whitney, Lee DeBerry, Chris Graham, Sandy Yellen, Pat Desbiens.

Tuesday Outing — Leader's Choice, January 6, Maureen Coutant, 4 participants

- We decided to explore Coles Woods in Glens Falls. When we got there, we chose to use snowshoes as the trails seemed too icy for skis. We had a great walk and conversations and even broke a sweat! We met the Glens Falls electrician who was fixing the lights on one of the loops, so at least two loops are working. Hopefully, we'll get out for a ski under the lights soon! Participants: Maureen Coutant, Sam Lantz, Licia Mackey, Judy Rist.

High Peak — Basin, January 10, Jack Whitney and Jean Holcomb, 8 participants

- Despite brutal cold seven folks showed up for this hike. To my astonishment most of them were not peak baggers but simply people who wanted a 17-mile stroll up an exhausting, icy, dangerous summit in below zero temps. Fortunately it was too cold to be windy and Basin rewarded us with beautiful sunshine and the miracle of a marshmallow world all to ourselves. Also to our delight the trail had been broken so our trip was as trouble-free as possible. The toughest climbing of the day was on the Shorey Short Cut (what a joke!) In the end we all made it by hanging tough and helping one another. Great going guys! Participants: Jean Holcomb, George Barenaskas, Colin Buckhurst, Dan Monroe, Trisha Lockwood, John Hartzell, Jim and Casey Jones.

YMG — Hurricane Mountain Fire Tower, January 10, Jonathan Lane and Madeline Kowalik-Bova

- Cancelled due to lack of participants.

Leader's Choice — Dog Friendly, January 11, Jessica Gottung

- Cancelled due to lack of participants.

Tuesday Outing — Leader's Choice, Wilton Wildlife Preserve, January 13, Maureen Coutant, 9 participants

- I'd heard great things about the groomed trails here, but had never been able to use them until now. We'd hiked this area a couple of times, so we knew it would be a great ski. The conditions were the best. New snow, freshly groomed, blue sky, and comfortable temperatures. We met the groomer, a volunteer who puts in at least 100 hours on his own equipment. Participants: Maureen Coutant, Liz Gee, Sam Lantz, Licia and Steve Mackey, Judy Rist, George and Irene Sammons, Vicky Warren.

YMG — Phelps, January 17, Jonathan Lane and Kyle Shollenberger, 8 participants

- Wow, was it cold! But sub-zero temps couldn't keep us inside. Instead we headed north for colder weather and hiked up a High Peak. We kept moving and stayed warm. It was a little windy at the summit, so we stayed long enough to snap a few photos, then headed back down to where it was "warmer" out of the wind. After returning to the trailhead, it was off to get a well-deserved hot meal! Participants: Annie Dagastine, David Davison, Eliza Davison, Emily Davison, Madeline Kowalik-Bova, Jonathan Lane, Chirstiane Mulvihill, Kyle Shollenberger.



Tuesday Outing — Leader's Choice — January 20, Maureen Coutant

- This week was going to be a joint event with our ADKers meeting up with the Moreau staff for a snowshoe. When my daughter stayed home sick, it became a non-ADK trip out to Moreau. I heard they had a great time! Photos in the gallery!

Winter High Peak — Tabletop Mountain, January 24, Jack Whitney, 8 participants

- It was 5 degrees when we started out and the temperatures continued to drop during the day. We had a quick warm-up walk to Marcy Dam, then headed up the trail turning off just before Indian Falls. Taking a short break due to the temperatures we were soon off to the summit. It was blue skies with excellent views on the way up and just off the summit of Tabletop. It was a great but cold day — congratulations to all. Participants: Dan Monroe, Kevin Cox, Eberhard Burkowski, Nancy Roderick, Dan Forbush, Lana Christiansen, Chris Lincoln, Jack Whitney.

Stillwater Locks Area, January 24, Rich Crammond, 6 participants

- This was a windy, cold day and not as much open water as last year. We did enjoy being outside and saw many other kinds of birds such as the hawks, gulls, ducks and many other smaller birds. No eagles! It was nice to hike with good people and share our ADK outing. Participants: Reg Prouty, Liz and Alan Gee, Jim and Veronica Purdy, Rich Crammond.

Leader's Choice Snowshoe, Moreau Lake State Park, Jan 25, Bill Schwarz, 7 participants

- Turns out we did go to Moreau Lake State Park. Several new trails have been added from the main parking lot that access recently-acquired state land. This winter, we've had plenty of snow, and below-zero starting temperatures didn't deter six snowshoe enthusiasts who enjoyed the bright sun and views of the lake. Free spirits Bob and Jane went off for their own bush-wacking adventure, while the rest of the group walked on water during the return (but there was a foot of ice on the lake!). Participants: Bob Aspholm, Jane Boudier, Jackie Keven, Margie Litwin, Gary Rodd, Melissa Ross, Bill Schwarz.

Tuesday Outing — Leader's Choice — January 27, Maureen Coutant, 9 participants

- This week we cross-country skied the trails behind Queensbury School. It was the first time there this year and the first time ever for some of the participants. It was a bright sunny day and everyone was glad to be out enjoying the wonderful snow! Participants: Maureen Coutant, Liz Gee, Jean Huntington, Sam Lantz, Licia and Steve Mackey, George and Irene Sammons, Bill Schwarz.

Pilot Knob, February 1, Jack Whitney, 17 participants

- Temperatures were in the lower 20s when we started. As we ascended, the temperature continued to drop. Taking our time on the way up we stopped at the lookouts, had great views and saw many ice fishermen (like little dots) all over Lake George. Arriving at our final summit, the wind was very blustery and everyone donned face masks, had a quick bite to eat and headed down to a less windy area with the temperature climbing as we descended. Thanks to all who participated on this great day. Participants: Jill Eaton, Babette Furman, Art Ostrov, Sharon Rouse, Chris Redgon, Ann Mundy, Jean Holcomb, Ray Boucher, Jackie Keren, Jayne Boudier, Bill Carpenter, Neil VanDorsten, Stanley, Phil Alzono, Sandy Yellen, Bob Aspholm, Jack Whitney.

Tuesday Outing — Leader's Choice — February 3, Maureen Coutant

- The leader was sick this week, so some of the group did a snowshoe trip on their own up Lake Anne in Moreau State Park. Wish I could have been there!

Crane Mountain and Crane Pond Loop, February 7, Ray Bouchard, 4 participants

- The day turned out to be great after all. The temps were in the single digits when I left home but they reached 36 by the time we reached the summit around noon. The large patches of bright blue sky beckoned us to linger a while and enjoy the view; unfortunately the brisk winds suggested that we move on. The descent to the pond was one long, continuous glissade interspersed with a few whoops, an occasional "Aieeee" and some prudent tree grabbing. When the going got too rough the butt slide technique was thrown in for good measure. The snow had softened considerably by the time we had finished our rather late lunch next to the pond so the final descent to the car was definitely trickier than the hike up. The top layer of very soft snow was perched on a sheet of ice from a previous storm and it insisted on sliding out from under us at the most inopportune moments. So whether we wanted to or not the butt slide was the common mode of transportation. The good news is we all made it down in one piece and some even suggested they would do it again in spite of their bumps and bruises. Time will tell. As for me, I'd hike with these folks anywhere, anytime. They are tough. Participants: Brenda Arley, Ray Bouchard, Ray Boucher and Vinnie Parmar.



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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