



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

## Woodland Wonders

Please see Page 3 for a sampling of images from this program.

Wildlife photographer Gerard Lemmo will present a photo journey of the Northeastern Woodland Habitat. Images include a stealthy black bear, brilliant scarlet tanager, an iridescent-green tiger beetle and yellow lady's slippers. Keep your eyes open, or you may miss some of the more common forest dwellers hiding within the shadows!

Gerard Lemmo is one of the Northeast's most prolific wildlife and travel photographers in the world, having traveled to six of the seven continents in pursuit of adventure, and the thrill of capturing beautiful images of elusive wild creatures, plus the landscapes and cultures that surround them. His images regularly appear in both local and international circulation. His clients include The National Geographic Society, International Paper Company, National Audubon, The Nature Conservancy, General Electric, the San Diego Zoo, *The London Times*, and the National Wildlife Federation. He has also written several photo-illustrated articles for *Adirondack Life* and the New York State Conservationist. While on assignment, Mr. Lemmo has photographed in Vermont and New Hampshire for the Nature Conservancy and in New York for the *Backpacker*, *Adirondack Life* and *Adirondack Explorer* magazines.

## Program

'WOODLAND WONDERS'

WHEN: 7 P.M.  
JANUARY 21

WHAT: TALK, SLIDE SHOW  
WITH GERARD LEMMO

WHERE:  
SARATOGA PUBLIC LIBRARY,  
SARATOGA SPRINGS



African landscape photo taken by Steve Barlow.

## Experience an African safari with Steve Barlow

Chapter member Steve Barlow will talk and show pictures of a three-week trip to Africa in the Summer of 2008. This presentation includes animal viewings in three of Tanzania's parks (Lake Manyara, the Serengeti and Ngorongoro Crater. Climbs of Mt. Meru and Killimanjaro. Mt. Meru, a sacred mountain in Hindu mythology, is the fourth highest peak in Africa at 15,000 feet and offered unbelievable views of wild-

## Program

'ON SAFARI IN AFRICA'

WHEN: 7 P.M.  
NOVEMBER 19

WHAT: TALK, SLIDE SHOW  
WITH STEVE BARLOW

WHERE:  
CRANDALL PUBLIC LIBRARY,  
GLEN FALLS

life, volcanic cones, and of Killimanjaro only an hours' drive away. Mt. Meru is also a stratovolcano like Mt. Saint Helens or Mount Fuji. Killimanjaro was climbed in the daytime, versus the typical night climb, which provided more pictures than normally obtained of the summit for this climb. The slide show will include a half-hour of the safari followed by a half-hour of the two climbs.

# Curl up with a good book

BY HEIDI teRIELE KARKOSKI

It's that time of year when the sights and scents of autumn give way to frosty air, signaling colder months ahead. Daylight savings time means I spend more time after work indoors instead of outdoors. This is the perfect opportunity to relax with a good book, do a jigsaw puzzle, or browse through a stack of seed catalogs. I start receiving catalogs for holiday shopping that I like to look over, especially the ones that sell outerwear and sporting goods. (You can save trees and energy by requesting catalogs for the holidays only, or canceling duplicates and ones that don't interest you.)

I've already started a wish list for Christmas that includes several books. Topping the list is "Bob Marshall in the Adirondacks." I love reading about the exploration of the Adirondacks and making comparisons to the mountains today. I am also intrigued by Peterson and Lee's "Adirondack Birding." I enjoy birds, but have little knowledge of them, so this book should be a great addition to the field guides I already own. Regional guides really appeal to me because every description is appropriate and it allows for more detailed information about a certain area. Great examples that I refer to



## CHAPTER CHAIR Report

*Holiday gifts are  
abundant at  
ADK headquarters.*

often are "Adirondack Alpine Summits: An Ecological Field Guide" and "Forests and Trees of the Adirondack High Peaks Region."

The Adirondack Mountain Club just released the third edition of "The Adirondack Reader." The short stories are great quick reads and the collection has been updated to include new authors. What a great way to introduce someone to the history and lore of the Adirondacks! Judging by

its dog-eared pages, my most beloved book about the region is James Burnside's "Exploring the Adirondack 46 High Peaks." This book inspired me to climb the 46 and I used the map on the inside cover to color in the mountain peaks as I completed them. There's now a journal for aspiring peak baggers called "46 to One."

All of these titles, along with more than 80 others that entertain, guide, and motivate are available at ADK headquarters or through the online store at [www.adk.org](http://www.adk.org). Members receive a 20% discount on ADK guidebooks, maps and publications, including the spectacular 2010 calendar. Why not fill your holiday lists with books, maps, and gear from ADK? With all the time you save, you can curl up with a good book and relax.

# Chepontuc Footnotes

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ADIRONDACK MOUNTAIN CLUB  
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# Woodland Wonders

PHOTOS BY  
GERARD LEMMO

Don't miss this extraordinary photographic journey through the Northeastern Woodland Habitat. Clockwise from top: Black Bear, Wild Columbine, Tiger Beetle, and Pileated Woodpeckers. Please see cover story for program information.



# New members

## GF-S CHAPTER

New members to the GF-S Chapter:

### May 2009

- James Buccigrossi, Clifton Park
- Jason Chiumento, Saratoga Springs
- Shannon Craig, Gansvoort
- Ed Gardner, Rensselaer
- Glen Gonyea, Lake George
- Michael Hempstead, North Hampton, Mass.
- Kristi Jensen, Schenectady
- Nathan June, Hudson Falls
- Brian Keech, Hudson Falls
- Michael, Beth, Katherine, Victoria & Timothy Larose, Clifton Park
- Michael Lyons, Ballston Spa
- Mark, Gabriella & Freddie Weidner & Maryanne MacKenzie, Queensbury
- Karen McDonald, Queensbury
- Joseph Murphy, Saratoga Springs
- Salenda Murphy, Granville
- Howard Nelson, Saratoga Springs
- Margaret O'Keefe, Rochester
- Tracy & Donna Page, Stanbury, Connecticut
- Kathy Povey, Hadley
- Steve Preston, Queensbury
- Lauri, Karl & Graham Pritchard, Greenfield Center
- Glen Rafaniello, Saratoga Springs
- Patricia & Harvey Raufman, Corinth
- Jody & Barbetta Rothmeyer, Gloversville
- Summer Shea, South Glens Falls
- Ronald & Stephanie Spanton, Rock City Falls
- Griff Thomas, Glens Falls
- Carol, Kelly & William Wardell, Greenfield Center
- Victor & Lynn Wehnau, Corinth
- Kim & John Winchell, Hudson Falls
- Sharon Zaccari, Lake George

### June 2009

- Peter Andrassy, Lake George
- Tracy, Don, Owen & Amelia Boyd, Cambridge
- Michael Dashnaw, Fort Edward
- Thomas Hickey, Bergenfield, New Jersey
- Trevor Hutchins, Mechanicville
- James & Shirley Irwin, Bolton Landing
- Nadeen Kearney, North Creek
- Doug & Robin Kirkpatrick, Queensbury
- Jeffrey, Susan, Benjamin & Samuel Koppi, Ballston Spa
- Robert Kruger, Clifton Park
- Susan Renaud, Christopher & Zachary Legare, Wynantskill
- Aaron Lizer, Queensbury
- Phyllis Manzano, Clifton Park
- Mark, Laura, Allison & Courtney Marion, Round Lake
- Shaun Seese, Argyle
- Joanne Walczak, Saratoga Springs

- William & Carol Waller, Speculator
- Gerry Wilcox, Mayfield
- Nicholas Yelagin, Glens Falls

### July 2009

- Scott, Leslie, Ryann & Reese Anderson, Ballston Spa
- Carol H. Barrett, Queensbury
- Therese Bosse, Saratoga Springs
- Clemence Clancy, Diamond Point
- David Crouse, Mayfield
- Jack & Margaret Ditch, Schuylerville
- Joanne Ernst, Gansevoort
- Kim, Paul & Peter Gryga, Queensbury
- Thomas & Liz Hayden, Clifton Park
- David, Jolie, Rhianna & Ryan Honey, Warrensburg
- Heather Hynick, Fort Edward
- Joan Marcher, Putnam Station, New York
- Scott Molongoski, Ballston Spa
- Benjamin Morrow, Queensbury
- Tim, Jeani, Zach & Catie Preszler, Magnolia, Delaware
- Alexandria & Max Riccio, Saratoga Springs
- Carmen Ross, Glens Falls
- Olivia Sheridan & Rolland Hoag, Saratoga Springs
- Christine Stegel, Amsterdam
- Jeff Sullivan, Albany
- Margo Thompson, Ballston Spa

### August 2009

- Jennifer Blake, Denny & Allie DePatrilllo, Diamond Point
- John Brousseau, Stony Creek
- Shelly & Bill Burke & Damian Darius, Hudson Falls
- Tom Clark, Salem
- Roberta Daab, Glens Falls
- Curtis Forsyth & Jean Barrows, South Glens Falls
- Jodi Frank, Saratoga Springs
- Ray, Ruth, Sasha & Maxwell Fredericks, Massapequa Park, New York
- Gary Gottung, Clifton Park
- David & Lori Greer, Queensbury
- Jeff Guzi, Clifton Park
- Laura & David Javicas, Saratoga Springs
- Pamela & Jes Kenyon, Diamond Point
- Kathleen Klohck, Ballston Spa
- Jack Madelone, South Glens Falls
- Monique Marcil, Queensbury
- Femke Peters, Ballston Lake
- Charlie & Mary Scully, Wappingers Falls, New York
- Steven Tetens, Saratoga Springs
- James Urbano, Woodbridge, Connecticut
- Ann Wilhelm, Ballston Spa

## Join the Club!

When you join the ADK, you can choose to "affiliate" with the Glens Falls-Saratoga Chapter. The Glens Falls-Saratoga Chapter has a membership of more than 2,800, making it the second largest ADK chapter — and it's growing fast! Most members reside in either Saratoga, Warren or Washington Counties of New York State. As a chapter member, you will also receive the bi-monthly *Chepontuc Footnotes* newsletter.

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

To join, go to [www.adk-gfs.org](http://www.adk-gfs.org) and click on "Join the Club."



# EDUCATION CORNER

## **2010 Candidates for summer camp sponsorships wanted**

The search is on as our Glens Falls-Saratoga ADK chapter is seeking candidates to sponsor for week-long camperships in the summer of 2010 at DEC's Camp Colby and Pack Forest, and as part of ADK's five-day High School Teen Trails maintenance projects. These programs offer those being sponsored the opportunity to heighten their awareness and appreciation of nature and environmental concerns, while participating in educational and/or recreational activities, dependent upon the program. For those selected, attendance fees (\$325 December and \$250 ADK) will be paid by our chapter.

Summer of 2009 found us sponsoring five students to attend December camps. Cassidy Clapper of Glens Falls echoed the thoughts of many prior recipients when she told of Camp Colby's beauty and of the "tons of fun" experienced and of "new friends" made. This camp can be found just outside of Saranac Lake and is open to 12 to 14 year olds. Colby attendees participate in individual and group activities ranging from field, forest and pond exploration to a study of human impact on the environment. Campers will further learn about science and discover the interconnectedness of life on earth as they solve challenges, play games, keep a journal and capture salamanders or butterflies — all under the guidance of a college-educated staff. Additionally, they can choose from a variety of outdoor activities such as fishing, canoeing, archery or overnight camping. Those attending Pack Forest, just north of Warrensburg, focus more on environmental concerns such as forestry, aquatic biology, wildlife management and field ecology, while enhancing both group dynamics and individual skills. Campers also get to choose from a variety of outdoor workshops and backpacking trips. Two programs are offered here, one for 12-to-14 year olds and one for 15-to-17 year olds. Taylor Stroebel of Gansevoort, one of our 2009 sponsorships, reported back about her "great time experi-

encing and learning about new things about wildlife and nature" and "making new friends." She says she "liked the camp because we learned about the environment by doing games and other different activities" and hopes to return on her own in 2010.

Summer 2009 also found our chapter sponsoring two candidates to partake in ADK's Teen Trail 5-day projects (a third candidate was referred to ADK and was able to attend via a scholarship fund). Caitlin Di Caprio of Amsterdam shared the following reaction to her experience:

"My experience over the summer while cleaning and creating trails showed me more about the wilderness than any other experience I have endured. 'Accomplishing' is the one word that sums up my time in Lake Placid. It's exciting to know that the trail I, along with the help of my fellow campers, created is something that will ultimately last a life time."

This program, run by ADK, provides opportunities for high school students (aged 14 to 17) who are excited by the idea of spending up to five days camping and doing quality trail work. The Club provides them with food, group camping gear, tools and experienced leadership. This program, which relies upon the key elements of teamwork and shared responsibility, focuses on educating participants on the ways and means of trail maintenance. Skills participants learn may include how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, and how to use boulders with a steel bar. Specific sites for the summer 2010 program will be posted on our site as soon as available.

Application forms for all of these sponsorships may be downloaded from the Education tab on our website at [www.adk.org](http://www.adk.org) and, when completed, sent to:

Linda Ranado  
18 Pine Ridge Road  
Hadley, NY 12835

Applications must be received by January 7, 2010. If you have any questions, you may call me at 696-7265 or e-mail me at [lrnado@hotmail.com](mailto:lrnado@hotmail.com).



## Get bear-proof storage containers

Have everything packed and ready before you leave home!

### Backpackers' Cache

8.8" dia. X 12" long, weight 2.7 lbs.  
Designed to slip into your backpack.

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

Rental Rates:  
1-3 days \$5.00  
4-7 days \$10.00

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

## Why not start the Fire Tower Challenge?

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

## Wanted: Publicity Chair

There is a vacancy for the position of **Publicity Chair** on the Executive Committee. To learn more about this opportunity, please contact Bill Bechtel at 399-1206 or [williamandkaren@nycap.rr.com](mailto:williamandkaren@nycap.rr.com)

# The Hiker's Corner

By Jack Whitney

**N**ow that hunting season is upon us, safety in the woods should be top priority. It is a good idea to wear the colors orange or red. I have found that an extra large orange vest (found at your local hunting store or major discount store in the hunting department) fits very well over a day pack. At a minimum, all hikers should wear an orange vest and a red or orange cap. Also, it is a good idea not to wear white or tan colored clothing or hats.

Winter is also soon upon us — for winter conditions here are some hints.

**WATER** — To delay freezing, start off with hot water then carry it in an insulated pouch or wool sock upside down in your pack. You can also carry a small bottle in your jacket pocket next to your body so that your body heat keeps it from freezing. Carry a thermos of hot soup or hot tea. You will appreciate having it on that cold summit. Room-temperature orange juice mixed with an equal amount of water or room temperature Gatorade is also good for energy.

**FEET** — You should have a good pair of winter hiking boots rated from -25 to -40 below zero which are very warm. Wear a liner sock with a heavier wool or wool blend. Carry a couple of supermarket plastic bags in your pack. If your feet get wet, put on that extra pair of dry socks that you are carrying then put your feet inside the plastic bags before putting your boots back on. The bags will provide a water barrier and keep your new dry socks from getting wet from your wet boot.

**HEAD** — A good hat made of fleece, wool or a combination thereof is suggested. A balaclava or face mask is also invaluable on those colder, windy days.

**HANDS** — Mittens are warmer than gloves. Bring several pairs with at least one pair being a waterproof outer over mitt.

**YOUR BODY** — Dress in layers, but not cotton or denim which tend to hold moisture. A good fleece or wool shirt/jacket layered over mid-weight underwear layered over wicking underwear topped by a Gore Tex windproof, waterproof jacket with a hood is a good bet to keep you warm.

**WINTER PACK** — If it is in the 2,500 to 3,200 cubic inches there should be space for that extra fleece jacket, outer layer and the ability to strap your snow shoes on the back.

**HARDWARE** — MSR snowshoes are great for Northeast Winter conditions. Micro Spikes are good for icy conditions. For extreme steep icy conditions use crampons. The Eastern Mountain Sports (EMS) stores are also a valuable resource for hiking gear.



# Join us for Heart Lake Winter Weekend

The Chapter will hold its 2010 Winter Weekend at the Wiezel 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 many of the 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 Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 persons in four four-person bunkrooms.

The rate for the weekend should be no more than \$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 people 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. Sign up now!

## Conservation News

By Jacki Bave

**Allegheny State Park** — Chapter member and New York State Office of Parks, Recreation and Historic Preservation employee Karen Terbush submits the following to correct information published in the last newsletter:

**NYS OPRHP recently** began the master planning process for Allegheny State Park. Located in the southwestern part of the state, at 67,000 acres, Allegheny is the largest State Park outside of the forest preserve. Public information meetings were held in July to kick off the planning process and it is hoped that a draft plan will be available for public review by July of 2010.

The major current threat to the park's natural resources is the fact that the subsurface mineral rights under about half of the park are privately owned. OPRHP's process for dealing with proposals for drilling oil and gas wells in the park will be addressed within the Master Plan.

Forest Management and timber harvesting are not currently threats to the park. The agency has recently adopted a policy on the Management of trees and other vegetation in state parks and historic sites. This policy recognizes the importance of forests and trees in state parks, prohibits commercial logging, and provides specific circumstances under which tree removal may be appropriate such as protection of patron health and safety, removal of invasive species, and restoration of important scenic overlooks in developed areas.

Comments and suggestions for the park Master Plan can be sent to OPRHP at: [Allegheny.Plan@oprhp.state.ny.us](mailto:Allegheny.Plan@oprhp.state.ny.us)

If you have any further questions, please feel free to contact Karen B. Terbush at: Karen B. Terbush, Environmental Analyst 2, NYS Office of Parks, Recreation and Historic Preservation, Environmental Management Bureau, Agency

Bldg. 1, Empire State Plaza, Albany, NY 12238, (518) 474-0409, Fax 474-7013

### **Draft Master Plan for Saratoga Spa State Park**

— OPRHP has issued a very comprehensive and thoughtful plan for Saratoga Spa State Park. At a public informational meeting held on Sept. 17, OPRHP presented an overview of the park's cultural and environmental resources, and provided an opportunity for the public to comment on the plan.

Addressing natural resource protection, the plan proposes that certain ecologically unique areas be designated as Park Preservation Areas, thereby protecting them from inappropriate development. This stricter protection is especially important to ADK and our chapter. In years past, we have actively opposed the construction of both a highway bypass and a golf course in sensitive areas of the park that would now be protected. The plan also proposes to preserve certain sections of the park that provide habitat for rare and endangered species by designating them as Natural Heritage Areas.

The plan contains some exciting recreational goals, including additional trails and improvement of presently existing trail systems. One of the most important parts of the plan calls for links to existing and proposed regional trails, such as the Zim Smith, Railroad Run and future Geyser Road trail. Also recommended is the development of a water trail that would be part of the proposed Kayaderosseras Creek-Fish Creek Greenway.

Educational goals of the plan include development of an interpretive center and trail to highlight the cultural and historical resources of the park. Year-round educational programs for the public will be expanded.

The Saratoga Spa State Park Draft Master Plan balances stewardship of natural resources with providing opportunities for compatible recreational activities. You can view it on the New York State Parks website; go to "inside our agency," then "public documents." Comments will be accepted through October 9.



# BOD meeting highlights

## **Adirondack Mountain Club Board of Directors Meeting, September 12, 2009**

Submitted by: Laura Fiske, Linda Ranado

• **Curt Miller, ADK President**, reported that the club is holding up well financially despite tough economic conditions. This is being accomplished primarily by the curtailment of expenses. Once the economy improves, ADK needs to continue with its investment budget focusing on membership and development.

• The Slate of ADK Officers was presented to the Board. The following people will take office at the organizational meeting in December 2009.

Jim Bird — President

John Gilewicz — Vice President

Tom Andrews — Associate Vice  
President

Noel Davis — Associate Vice President

Rex Brown — Associate Vice President

Jim Covey — Director, Member-at-  
Large

Judy Immesoete — Director, Member-  
at-Large

Bob Manning — Secretary

• **Neil Woodworth, Executive Director**, reported that Low's Lake was approved by the Adirondack Park Agency (APA) as part of the Five Ponds Wilderness and is now part of the Forest Preserve. This is a significant achievement for ADK. The decision also applies to Little Tupper Lake.

• The Ididaride was a great success. The number of participants was 100 greater than last year. Excellent feedback was received from the riders. 2010 will be the 5 year anniversary for the Ididaride.

• It is the 20th year of the summit steward program. So far the program has reached over 250,000 people on the

alpine summits.

• The ADK trails program is doing a wonderful job. They are up-to-date with trail maintenance and were able to complete some new trails recently. They completed an 8-mile portion of the Northville-Placid trail. They will be working on a new hiking trail to Prospect Mountain that leaves from the Lake George Recreation Center.

• ADK is actively involved in a campaign to halt the possibility of gas drilling in Allegany State Park. The State owns the land above the surface, but ownership below the surface is not clear.

• ADK is conducting Master Educator Instructor training for the Leave No Trace program. This is a week-long program that prepares people to teach Leave No Trace by becoming trainers. ADK signed a 5-year contract to be a Leave No Trace course provider starting in 2010.

• Laurie Schweighardt joined ADK as its Membership Director in August. Her focus will be on working with the chapters and expanding the club's social networking activities. She also plans to examine ways to extend ADK membership to organizations as a group membership.

• ADK's facilities had another busy summer. Lodging was down in May and June due to poor weather, but July and August saw record crowds.

• The latest direct mail acquisitions are targeting a younger audience. ADK is choosing lists with this demographic. The spring 2009 mailing had a response rate of 1.92%. This is above the industry average of 1%. The next step is focusing on retention.

• The Board approved a policy for insurance coverage for volunteers. There was not a formal club policy previously. In summary, "Volunteers who lead or participate in ADK sponsored activities, including outings, chapter events, work weekends, are covered by ADK's general

liability policy in the event that a volunteer is sued for negligence that allegedly results in personal injuries or death of another person." Be sure to use the liability waiver for all chapter outings. The entire policy is available from ADK and any questions can be directed to Neil Woodworth.

• Revenue and expense are both lower than budget resulting in net operations through July \$14,000 better than budget. Total revenue is lower than budget, but higher than last year by \$6,000. Dues and donation revenue continue to struggle year-to-date. Expenses are below budget due to staff cost control.

• The 2010 budget process is beginning. The 2010 budget will be presented to the Board at the December 2009 meeting. 2010 is the third year of the 3-year investment budget. The 3-year investment budget targeted a balanced budget in year three. This is the goal, but the budget must reflect economic reality. The major focus of the 2010 budget will be e-commerce and other information technology enhancements.

• The Heart Lake Master Plan is being revised. It will be presented to the Board shortly. The current master plan is from 1993 and much of it is still valid. Some preliminary ideas to be discussed include: an expansion of the campground, the store and the kitchen and dining room, a pavilion and a facility for volunteer programs that will primarily be housing.

• The following awards will be presented at the President's dinner in October:

- **David L. Newhouse ADK**

**Conservation Award:** Dave Pisanechi

- **Eleanor F. Brown ADK**

**Communication Award:** Phil Brown

- **Arthur E. Newkirk ADK Education**

**Award:** Break Free Program sponsored

by the ADK Mid-Hudson Chapter

- **ADK Trailblazer Award:** Marilyn Gillespie





# 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](http://www.adk-gfs.org)

**Programs** held at 7 p.m., on a THURSDAY of the month scheduled and alternate between Crandall Public Library and Saratoga Public Library. Future Programs: Nov. 19, Jan. 21. **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Library. Future Meetings: Nov. 4, Dec. 2, Jan. 6. **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: Nov. 18, Jan. 13.

November	Outing Type	Destination	Leader/Contact	Rating
1	Sun	Hike	Jayne Boudier	A
1	Sun	Hike	Jack Whitney	B
4	<b>Wed Meeting</b>	<b>Executive Committee Meeting</b>	<b>Heidi Karkoski</b>	<b>NR</b>
4	Wed	Walk/Ski/Snowshoe	Maureen Coutant, Gary Rodd	NR
7	Sat	Hike	Jonathan Lane	A
7	Sat	Hike	Reg Prouty	B+
8	Sun	Hike	Jack Whitney	B
11	Wed	Walk/Ski/Snowshoe	Maureen Coutant, Gary Rodd	NR
14	Sat	Hike	Ray Bouchard	B
15	Sun	Hike	Wallface Mountain Bushwhack	A
15	Sun	Hike	Pharoah Mountain	B
15	Sun	Hike	Deer Leap — Lake George	C+
16	Mon	Walk/Ski/Snowshoe	Monthly GeoCache Trip	NR
18	<b>Wed Meeting</b>	<b>Outing Leaders Meeting</b>	<b>Jack Whitney</b>	<b>NR</b>
18	Wed	Walk/Ski/Snowshoe	Maureen Coutant, Gary Rodd	NR
19	<b>Thu Program</b>	<b>"On Safari in Africa w/Steve Barlow," Saratoga library</b>	<b>Terry Peek</b>	<b>NR</b>
21	Sat	Hike	Reg Prouty	B-
22	Sun	Hike	Cliff Mountain from Upper Works	A
22	Sun	Hike	Prospect Mountain	B
25	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	NR
26	Thu	Hike	Turkey Trot #11 — Saratoga Battlefield	C+
27	Fri	Walk/Hike	Moreau Lake State Park	C
28	Sat	Hike/Snowshoe	Treadway Mountain	B
29	Sun	Hike/Snowshoe	Calamity Mountain	A+
29	Sun	Hike/Snowshoe	Fifth Peak Lean-To	B
<b>December</b>				
2	<b>Wed Meeting</b>	<b>Executive Committee Meeting</b>	<b>Heidi Karkoski</b>	<b>NR</b>
2	Wed	Walk/Ski/Snowshoe	Maureen Coutant, Gary Rodd	NR
5	Sat	Hike/Snowshoe	Sherling Rock Mountain	C
6	Sun	Hike/Snowshoe	Five Mile Mountain Loop	B
9	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	NR
12	Sat	Snowshoe	Minerva Lake Snowshoe	C
13	Sun	Hike/Snowshoe	Moreau Lake State Park	B-
14	Mon	Walk/Ski/Snowshoe	Monthly Geocache Trip	NR
16	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	NR
19	Sat	Hike/Snowshoe	YMG — Fire Tower & Grub — Blue Mountain	B
19	Sat	Hike/Snowshoe	Pilot Knob Gazebo	C
20	Sun	Hike/Snowshoe	McKenzie and/or Moose	A+
20	Sun	Hike/Snowshoe	Severance Hill	C
21	Mon	Hike/Snowshoe	Seward Range Hike	A+
23	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	NR
27	Sun	Hike/Snowshoe	Phelps Mountain	A
30	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	NR
<b>January</b>				
1	Fri	Hike/Snowshoe	Buck Mountain	B
3	Sun	Hike/Snowshoe	Wright Peak	A
6	<b>Wed Meeting</b>	<b>Executive Committee Meeting</b>	<b>Heidi Karkoski</b>	<b>NR</b>
6	Wed	Walk/Ski/Snowshoe	Maureen Coutant, Gary Rodd	NR
9	Sat	Hike/Snowshoe	YMG — Fire Tower & Grub — Hadley Mountain	B
10	Sun	Hike/Snowshoe	Erebus Bushwhack	A
10	Sun	Hike/Snowshoe	Winter High Peak — Leader's choice	A+
11	Mon	Walk/Ski/Snowshoe	Monthly Geocache Trip	NR
13	<b>Wed Meeting</b>	<b>Outings Leader Meeting</b>	<b>Jack Whitney</b>	<b>NR</b>
13	Wed	Walk/Ski/Snowshoe	Maureen Coutant, Gary Rodd	NR
17	Sun	Hike/Snowshoe	Pharaoh Mountain	B+
20	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	NR
21	<b>Thu Program</b>	<b>"Woodland Wonders w/Gerard Lemmo," Crandall library, GF</b>	<b>Terry Peek</b>	<b>NR</b>
23	Sat	Ski	Lapland Lakes Ski	B
23	Sat	Snowshoe	Stillwater Locks Eagle Watch Snowshoe	C
24	Sun	Hike/Ski	Pyramid and Gothics	A+
24	Sun	Hike/Snowshoe	Winter High Peak — Colden Mountain	A+
27	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	NR
30	Sat	Hike/Snowshoe	YMG — High Peaks — Algonquin & Iroquois	A+
31	Sun	Hike/Snowshoe	Phelps Mountain Loop Snowshoe via Klondike Notch	A



# Outings

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

## **HOFFMAN MOUNTAIN BUSHWHACK HIKE**

Sunday, November 1

Time: 5:00 a.m.

Rating: A

Jayne Boudier 793-3770

From Big Pond we'll start North up a nice hard wooded ridge, with views East, toward Hoffman's thick, spruce-covered viewless summit. But five minutes past the summit is a neat peek through branches at Elk Lake and the High Peaks. Approximately 11 miles (8 trailless), 2,400 ft. ascent, at as moderate a pace as possible.

## **CAT AND THOMAS MOUNTAIN HIKE**

Sunday, November 1

Time: 9:00 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

We will do the Cat Mountain to Thomas Mountain traverse, spotting cars at both trailheads. There are good views of Lake George from both of these mountains. Total distance is about 6-7 miles.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, November 4

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd 792-4937

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. Depending on the conditions, these trips will range from walks along the Feeder Canal or Saratoga Battlefield to snowshoe trip in Moreau State Park or XC Skiing in Crandall Park or Wilton Wildlife Preserve among other places. We'll try to have a variety of trips to get many members involved! Hope you can join us on a few trips! By Monday morning the trip for that week will be planned, so e-mail Mo for details.

## **YMG — PYRAMID PEAK HIKE**

Saturday, November 7

Time: 7:00 a.m.a.m.

Rating: A

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

Many people consider the views from this peak to be one of the best in the Adirondacks, so let's go find out for ourselves! And while we're at it, let's plan on short visits to Rainbow Falls and Beaver Meadow Falls along the way. Approximately 12 miles round-trip. Much of the distance will be relatively flat, but there will be some steep climbing (a couple thousand feet worth) from Lower Ausable Lake to the peak.

## **LEADER'S CHOICE TBD HIKE**

Saturday, November 7

Time: 7:30

Rating: B+

Reg Prouty 518-747-9736

This will be a moderate B hike in the Keene Valley area to the Noonmark and Round loop. Pace will be relaxed with plenty of time to enjoy the late fall bug-free hiking season. We will do about a five-mile round trip loop from the Ausable Club parking area. Ascent for both from the Ausable Club road is about 2,276 feet.

## **PILOT KNOB HIKE**

Sunday, November 8

Time: 9:00 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

We will start from the Buck Mountain trail head and take the herd path up to the summit. Great views of Lake George on several lookouts and at the summit. Distance is around five miles. Call leader for details.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, November 11

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## **MERCK FOREST HIKE HIKE**

Saturday, November 14

Time: 7:30 a.m.

Rating: B

Ray Bouchard 893-7314

Merck Forest & Farmland Center is located in Rupert, Vt. about 1.5 hours from Glens Falls. It consists of 3,100 acres that includes 28 miles of hiking/skiing trails as well as a working farm. I plan on hiking up Mount Antone (elevation 2,600 ft.) followed by some of the interior trails for a total distance of 6-8 miles. The area is typical Vermont countryside, which means there is very little level ground. It's deer season in Vermont, so wear some orange.

## **WALLFACE MOUNTAIN BUSHWHACK HIKE**

Sunday, November 15

Time: 6:00 a.m.

Rating: A

Jayne Boudier 793-3770

This is #71 of the Adirondack 100 highest, and is supposed to have great views. Approximately 11 miles, most of it on the Indian Pass trail, two miles of bushwhacking, and 1,600 ft. ascent. An early start should allow for a moderate, unrushed pace. From Adirondack Loj.



## PHAROAH MOUNTAIN HIKE

Sunday, November 15

Time: 8:00 a.m.

Rating: B

Sandy Yellen 584-2763

This mountain has much open rock with beautiful views of cliff-faced hills and the eastern High Peaks. Round trip distance about six miles with 1,474 ft. of elevation. Call leader for details and to sign up.

## DEER LEAP — LAKE GEORGE HIKE

Sunday, November 15

Time: 9:00 a.m.

Rating: C+

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

This is about a 3.4-mile round trip to an overlook of Lake George (part of the Tongue Mountain Range). We shouldn't have to worry about rattlesnakes at this time of year but one never knows. There may be snow; be prepared. On the Friday or Saturday before the hike, please call 316-1244 to sign up.

## MONTHLY GEOCACHE TRIP WALK/SKI/SNOWSHOE

Monday, November 16

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Sarah King

Join Maureen and Sarah on a geocache hunt. Be introduced to geocaching or share your expertise with others. Extra eyes are always helpful when looking for a "hidden treasure!" You don't need your own GPS, but bring it along if you have one. We'll meet at Panera in Queensbury at 9:15 a.m. and carpool from there. Depending on the weather, this could be a walk, hike, snowshoe or ski ... so call or e-mail a few days prior to find out what you'll need and the approximate length of trip.

## MO-RODD MIDWEEK ADVENTURE WALK/SKI/SNOWSHOE

Wednesday, November 18

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## FRENCH MOUNTAIN HIKE

Saturday, November 21

Time: 8:00 a.m.

Rating: B-

Reg Prouty 518-747-9736

This will be an easy B hike of about five miles round trip to a little overlook on the West side of French Mountain. We start on the Warren County Bike Trail near the Million Dollar 1/2 Mile and the hike should be over early enough to allow for a little Christmas shopping afterward.

## CLIFF MOUNTAIN FROM UPPER WORKS HIKE

Sunday, November 22

Time: 7:00 a.m.

Rating: A

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

We will meet at Upper Works and make our way to Flowed Lands and then to Uphill Brook Lean-to. From there, we will follow the well-defined herd path to the summit of Cliff. We may throw in Redfield if the weather, trail conditions, and participants cooperate. Expect a full day with about 15 miles round trip.

## PROSPECT MOUNTAIN HIKE

Sunday, November 22

Time: 9:00 a.m.

Rating: B

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

This is a nice time to do Prospect. All the cars are gone and it is a beautiful view of the southern Lake George Basin. If we hike, plan on about three hours at an easy pace with a stop at the top, but plan for a little longer if it is a snowshoe. We will meet at the trailhead at 9 a.m.

## MO-RODD MIDWEEK ADVENTURE WALK/SKI/SNOWSHOE

Wednesday, November 25

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. Email or call Mo for details.

## TURKEY TROT #11 — SARATOGA BATTLEFIELD HIKE

Thursday, November 26

Time: 8:00 a.m.

Rating: C+

Rich Crammond 584-2380

Meeting place: Visitor's Parking Lot at Saratoga Battlefield off Route 32N. Let's work up that old holiday hunger again this year. Wildlife viewing along the way. Total distance is around five miles. Bring your binoculars and dress for the weather. Happy Thanksgiving.

## MOREAU LAKE STATE PARK WALK/HIKE

Friday, November 27

Time: 10:00 a.m.

Rating: C

John Devine 260-4940 or johdev@adelphia.net

We will meet at 10 a.m. at Moreau Lake State Park. This will be a walk around Moreau Lake and Mud Pond. 3-4 miles, minimal elevation change. Dress appropriately for the weather. Call before 9 p.m. or e-mail.



## **TREADWAY MOUNTAIN HIKE/SNOWSHOE**

Saturday, November 28

Time: 9:00 a.m., Putnam Pond parking lot

Rating: B

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

From Putnam Pond this is an 8-mile hike with 900 feet of elevation gain. Good views of Pharaoh Mountain and the Pharaoh wilderness area from the top. It is hunting season so no white or brown attire. Check with leader to see if snowshoes will be necessary. Bring a lunch for on top. A moderate hike on a mountain that does not see big crowds. Meet at 9 a.m. at Putnam Pond parking lot.

## **CALAMITY MOUNTAIN HIKE/SNOWSHOE**

Sunday, November 29

Time: 5:30 a.m.

Rating: A+

Jayne Boudier 793-3770

We'll take the easiest approach, from Calamity Pond. Approximately 10 miles (including about three miles bushwhacking the mountain), and 2,000 ft. ascent. Spectacular views from overlooks. We'll take a moderate to slow pace from Upper Works.

## **FIFTH PEAK LEAN-TO HIKE/SNOWSHOE**

Sunday, November 29

Time: 9:00 a.m.

Rating: B

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

This is a great hike on the Tongue Mountain Range. We will hike from Clay Meadows to the lean-to and enjoy wonderful views of the lake, overlooking both Northwest Bay and the Narrows. This will be about three hours round trip if we hike and about four hours if we snowshoe.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, December 2

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## **SHELVING ROCK MOUNTAIN HIKE/SNOWSHOE**

Saturday, December 5

Time: 9:00 a.m.

Rating: C

Sandy Yellen 584-2763

This will be a beginner hike or snowshoe with beautiful views of Lake George. Afterward a very short hike to the waterfalls. Round trip is three miles and 650 ft. of elevation. Call leader for details and to sign up.

## **FIVE MILE MOUNTAIN LOOP HIKE/SNOWSHOE**

Sunday, December 6

Time: 8:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

We will spot cars at Clay Meadows and start at the north end of the trail. Great views of Lake George from the lookouts! Call leader for details

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, December 9

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## **MINERVA LAKE SNOWSHOE SNOWSHOE**

Saturday, December 12

Time: 9:00 a.m.

Rating: C

Rich Crammond 584-2380

We will explore the area from Donnelly Beach on the south side of the lake. A mile or so of snowshoeing but in a great-viewing winter-time place. Merry Christmas to all and to all a good hike. The meeting place: Donnelly Beach at the end of Beach Road in Minerva.

## **MOREAU LAKE STATE PARK HIKE/SNOWSHOE**

Sunday, December 13

Time: 9:00 a.m.

Rating: B-

Jack Whitney 793-9210 or jack1758@roadrunner.com

We will spot cars at the height of land on Spier Falls Road. We will start near the bend in the river on the Western Ridge Trail and hike northeast to the Cottage Park Trail. Good views from several lookouts on this trail. There might be a little white on the trail. Call leader for details.

## **MONTHLY GEOCACHE TRIP WALK/SKI/SNOWSHOE**

Monday, December 14

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Sarah King

Join Maureen and Sarah on a geocache hunt. Be introduced to geocaching or share your expertise with others. Extra eyes are always helpful when looking for a "hidden treasure!" You don't need your own GPS, but bring it along if you have one. We'll meet at Panera in Queensbury at 9:15 a.m. and carpool from there. Depending on the weather, this could be a walk, hike, snowshoe or ski ... so call or e-mail a few days prior to find out what you'll need and approximate length of trip.



## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, December 16  
 Time: 9:15 a.m.  
 Rating: NR  
 Maureen Coutant 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
 Colead: Gary Rodd  
 Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## **YMG — FIRE TOWER & GRUB — BLUE MOUNTAIN HIKE/SNOWSHOE**

Saturday, December 19  
 Time: 8:00 a.m.  
 Rating: B  
 Jonathan Lane 744-4594 or [saratoghiker@infogorp.com](mailto:saratoghiker@infogorp.com)  
 This is the last Saturday before Christmas, so who wants to spend the day dealing with all the holiday madness? Get your holiday shopping done early and let's spend the day hiking up good ol' Blue Mountain. We will then stop for some grub on our return home. Be prepared with snowshoes if there is a need for them. About 4 miles round trip, with an elevation change of 1,550 ft.

## **PILOT KNOB GAZEBO HIKE/SNOWSHOE**

Saturday, December 19  
 Time: TBD  
 Rating: C  
 Neil VanDorsten 644-9453 or [Nealvan@aol.com](mailto:Nealvan@aol.com)  
 This is an easy hike or snowshoe. It offers wonderful views of southern Lake George, and the surrounding mountains as viewed toward the West. It will only take a couple of hours. Plan to meet at the trailhead around 9 a.m.

## **MCKENZIE AND/OR MOOSE HIKE/SNOWSHOE**

Sunday, December 20  
 Time: 5:00 a.m.  
 Rating: A+  
 Jayne Boudier 793-3770  
 These two rule the Northwest of Lake Placid, and give 360-degrees worth of ledge views between them. Approximately 13 miles, and 3,000 ft. ascent, at as moderate a pace as possible. Whether we climb one or both, or visit Loch Bonnie, will depend on snow and weather conditions.

## **SEVERANCE HILL HIKE/SNOWSHOE**

Sunday, December 20  
 Time: 9:00 a.m.  
 Rating: C  
 Sandy Yellen 584-2763  
 This could be a good beginner hike or snowshoe. Beautiful views of Schroon Lake and Pharaoh Mountain are your rewards. Round trip distance is two miles with 880 ft. of elevation. Call leader for details and to sign up.

## **SEWARD RANGE HIKE HIKE/SNOWSHOE**

Monday, December 21  
 Time: TBD  
 Rating: A+  
 Bill Carpenter 793-5506  
 It's the first day of winter, time to start the High Peaks. Call leader for details.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, December 23  
 Time: 9:15 a.m.  
 Rating: NR  
 Maureen Coutant 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
 Colead: Gary Rodd  
 Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## **PHELPS MOUNTAIN HIKE/SNOWSHOE**

Sunday, December 27  
 Time: 8:00 a.m., Exit 29, Frontier Town parking lot.  
 Rating: A  
 Bill Morse 518-585-9153 or [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
 A winter High Peak right after Christmas. Phelps is 4,161 ft., and the hike is 8.8 miles with 2,000 feet of elevation gain. Good views from the top. It is a good peak for those starting on their Winter 46. Snowshoes and possible microspikes/crampons may be necessary for one stretch. Bring plenty of food for energy. I do not stop long on winter hikes because of getting chilled fast. Meet at 8 a.m. at Exit 29, Frontier Town parking lot.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, December 30  
 Time: 9:15 a.m.  
 Rating: NR  
 Maureen Coutant 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
 Colead: Gary Rodd  
 Since this is during school break, this will be a kid friendly trip. Depending on the weather ... sledding? intro to XC skiing? skating? I'll update the website as it gets closer and a plan is formulated!

## **BUCK MOUNTAIN HIKE/SNOWSHOE**

Friday, January 1  
 Time: 9:15  
 Rating: B  
 Reg Prouty 747-9736  
 Colead: Jack Whitney 793-9210 or [jack1758@roadrunner.com](mailto:jack1758@roadrunner.com)  
 Join us for this first snowshoe of the year. Time to try that new gear you received for Christmas! Round trip about 6.6 miles and elevation change about 2,000 feet.



## **WRIGHT PEAK HIKE/SNOWSHOE**

Sunday, January 3

Time: 6:45 a.m.

Rating: A

Jack Whitney 793-9210 or jack1758@roadrunner.com

This is an introduction to a Winter High Peak as Wright Peak is one of the shorter High Peak hikes. Try your new winter gear out on this snowshoe. Round trip distance is 7.6 miles with an ascent of 2,400 ft. Call leader for details.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, January 6

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## **YMG — FIRE TOWER & GRUB — HADLEY MOUNTAIN HIKE/SNOWSHOE**

Saturday, January 9

Time: 9:00 a.m.

Rating: B

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

Is your New Year's resolution to do more hiking? Or to complete the Fire Tower Challenge? Let's go visit nearby Hadley Mountain and welcome it into the New Year! This is a short hike with a steady ascent and a level section in the middle. About 3.6 miles round trip, with an elevation change of 1,525 ft. After we descend, we will stop for some grub before returning home.

## **EREBUS BUSHWHACK HIKE/SNOWSHOE**

Sunday, January 10

Time: 6:30 a.m.

Rating: A

Jayne Boudier 793-3770

Erebus has no trail, no views from the top, and no crowds. But five minutes from the top it has a unique peek into the Narrows. Ten miles (two trail-less), 1,500 ft. ascent, at a moderate, unrushed pace. Lake George, East Shore.

## **WINTER HIGH PEAK — LEADER'S CHOICE HIKE/ SNOWSHOE**

Sunday, January 10

Time: TBD

Rating: A+

Bill Carpenter 793-5506

Choice between the Wolfjaws or Gothics and Armstrong. Call leader for details.

## **MONTHLY GEOCACHE TRIP WALK/SKI/SNOWSHOE**

Monday, January 11

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Sarah King

Join Maureen and Sarah on a geocache hunt. Be introduced to geocaching or share your expertise with others. Extra eyes are always helpful when looking for a "hidden treasure!" You don't need your own GPS, but bring it along if you have one. We'll meet at Panera in Queensbury at 9:15 a.m. and carpool from there. Depending on the weather, this could be a walk, hike, snowshoe or ski ... so call or e-mail a few days prior to find out what you'll need and approximate length of trip.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, January 13

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## **PHARAOH MOUNTAIN HIKE/SNOWSHOE**

Sunday, January 17

Time: 8:00 a.m., parking area on Crane Pond road, Schroon

Rating: B+

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

In the winter, unless we can get down the road to Crane Pond, this is a 10-mile snowshoe. The first and last two along the road to Crane Pond. Those who want to can ski the road and then change to snowshoes. (Bring microspikes if you have them, although I have never had to use them up Pharaoh.) Excellent views from the top. If you are adventurous bring a sheet of plastic for some sliding opportunities on the trip down. Also bring plenty of food for energy. Leader does not make long stops in the winter to avoid freezing. Meet at 8 a.m. at the parking area on the Crane Pond road in Schroon.

## **MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE**

Wednesday, January 20

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.



## LAPLAND LAKES SKI

Saturday, January 23

Time: 9:00 a.m.

Rating: B

Sandy Yellen 584-2763

Lapland Lakes is a great place to cross-country ski. It always seems to have snow and there are groomed trails from easy to difficult. There's a fee of around \$18. Crandall Park in Glens Falls is another option if there is snow; and it's free. Call leader for details and to sign up.

## STILLWATER LOCKS EAGLE WATCH SNOWSHOE

Saturday, January 23

Time: 9:00 a.m., parking lot between the two Stillwater bridges

Rating: C

Rich Crammond 584-2380

We will keep an eagle eye out for any kind of bird life while hiking along the Hudson and Hoosick Rivers. About a mile or so of snowshoeing. See you there. Happy New Year! Meeting Place: Small parking lot between the two Stillwater bridges.

## PYRAMID AND GOTHICS HIKE/SKI

Sunday, January 24

Time: 7:00 a.m.

Rating: A+

Steve Mackey 793-6484 or smackey@verizon.net

We did this trip last winter and it was spectacular. We will ski the Ausable Road (about 3.3 miles) and then switch to snowshoes and climb up Pyramid from Lower Ausable Lake (2.7 miles). The climb from the lake is 2,870 feet. Last year there was a lot of deep powder and trail breaking which was a lot of work. The view from Pyramid is of the Great Range with lots of rugged cliffs, slides, and peaks.

## WINTER HIGH PEAK — COLDEN MOUNTAIN HIKE/ SNOWSHOE

Sunday, January 24

Time: TBD

Rating: A+

Bill Carpenter 793-5506

We will start from the HPIC and hike to Marcy Dam, up to Lake Arnold and over the bump to Mountain Colden. Great views from the bump and summit! Call leader for details.

## MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, January 27

Time: 9:15 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 11/4/09 trip description. E-mail or call Mo for details.

## YMG — HIGH PEAKS — ALGONQUIN & IROQUOIS HIKE/SNOWSHOE

Saturday, January 30

Time: 6:30 a.m.

Rating: A+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

Who's up for climbing two High Peaks in the winter? I am! I am!

Are you with me?!? Algonquin is the second highest peak in the 'dacks and its neighbor Iroquois is the eighth highest. Yep, you guessed it — awesome views from both! This hike will be about 11 miles round-trip with lots of elevation change.

## PHELPS MOUNTAIN LOOP SNOWSHOE VIA KLONDIKE NOTCH HIKE/SNOWSHOE

Sunday, January 31

Time: 7:00 a.m., South Meadows Road junction

Rating: A

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

We will meet at 7 a.m. at the South Meadows Road junction and hike into South Meadows and then up to Klondike Notch Lean-to. From there we will bushwhack to the summit of Phelps through open hardwoods. Down the December trail, perhaps throwing in Table Top, then down to Marcy Dam and return via the Marcy Dam Truck Trail. 8-10 miles round trip at an easy pace.

## 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](http://www.ADK-GFS.org).

## Member News

On September 29, 2009, Jean Holcomb passed the half way mark of the Appalachian Trail and is now almost out of Pennsylvania.



## **Nippletop, August 1, Lorraine MacKenzie, 6 participants**

- The Gill Brook trail is well worth the extra five minutes it may take. It runs over beautiful rock formations some of them steep enough to be mini waterfalls. Nippletop has breathtaking 360-degree views of the High Peaks. It was a great day with great sights. We did leave the trail with two questions: how does Brian manage to stay so clean when everyone else is coated in mud? Mud repellent boots? Participants: Jim Dean, Brian Keech, Mike Schaefer, Gary Wilcox, Carolyn Cyr, Lorraine MacKenzie.

## **Mount Marshall, August 2, Bill Carpenter and Dan Monroe, 5 participants**

- We met at Panera, our regular meeting place. Our designated starting place was the Upper Works. It was a cloudy day. We knew it was going to get worse and it surely did. By the time we reached the lean-to across from the trail head to Marshall, the sky opened up! We waited about 20 minutes and the rain slowed a little. We started up and by the time we were about half way, it poured buckets! My boots were wet from water running down my legs. I have never seen this trail, all the way from Upper Works to the top of Marshall, as wet as it was, but we all made it out safely and soaked. Participants: Dan Monroe, Bill Carpenter, Sandy Yellen, Bijan Ahmadi, Lana Christiansen.

## **Crane Mountain, August 5, Alison Darbee, 4 participants**

- It was another great day in the woods. We had sun and a light breeze! We enjoyed a peaceful rest at the pond along with great views at the top where the fire tower once stood. Good group and lots of food conversations. Who new you could make oatmeal in a crockpot! Participants: Therese E Bosse, Susan Kuterman, Helena Nevarez, Alison Darbee.

## **Mount Adams Fire Tower, August 8, Rich Crammond, 5 participants**

- We earned our lunch on this hike because there are very few switchbacks on this trail so it's up, up and up. When we got to the top we saw that the metal roof was off of the cab of the tower. One could say we had an open view of the High Peaks. Great viewing, few bugs and good company in the Adirondacks. Participants: Anna Marie Grom, K. Walter Grom, David Pratt, Jayne Boudier, Rich Crammond.

## **Redfield and Cliff Mountains, August 9, Dan Monroe and Bill Carpenter, 12 participants**

- We met at Panera at 5:30 a.m. and away we went to Heart Lake. We had changed our starting point (originally from Upper Works) because of the wet trail we had encountered the week before going into the Marshall trail head. We started hiking at about 7:40 a.m. with our route to Marcy Dam, Avalanch Camp junction, Lake Arnold, down and over to Uphill lean-to. As expected, we encountered a lot of wet at Feldspar Brook. From the lean-to we hiked Redfield. The going got a little slow and we were not able to do Cliff due to time constraints. As it was, we did not get out until 8:30 p.m. A rewarding day to get Redfield in (which was Lana Christiansen's 46th — Congratulations! but a disappointment to some not to be able to summit Cliff. We all made it out safely. Participants: Henenh Navarez, Charles Grabitzky, Charlie, Chech, Jack Guzi, Bob Sellar, Joseph Murphy, Mike Schaefer, Lana Christiansen, Dan Forbush, David Herman, Margaret O'Keefe, Dan Monroe.

## **Scarface Mountain, August 12, Alison Darbee, 4 participants**

- What stands out most was the good company, the beautiful walk on a pine needle carpet, the good views from the first rocky ledge, the odd white marker at the summit in the woods, and the poor tumbling toad that landed safely upright before our very eyes. Participants: Carolyn Cyr, Susan Kuterman, Helena Nevarez and Alison Darbee.

## **Evening Paddle, August 13, Maureen Coutant, 15 participants**

- This week we paddled again on the Spier Falls section of the Hudson River. We headed downstream to the coves and a couple participants even took a dip. The cardinal flowers were beautiful along the shore and everyone had a great evening out. Our flotilla probably gave a float plane a bit of a heart attack as it appeared to want to land where we were spread out along the river. Oh well ... we didn't see any motor boats though! Participants: Joanne Armstrong, Ray Bouchard, Gen and Maureen Coutant, Paul Dietorshagen, Susan Jefts, Tom Kenney, Licia Mackey, Joy Muller McCoola, Andrew Paolano, George Sammons, John Synakowski, Amy and John Zanghi, Joe Zoske.

## **Summer Weekend JBL/Marcy & Skylight, August 14, Lorraine MacKenzie, 4 participants**

- The weekend turned out to be this first true "summer" weekend of the season. It was warm and sunny and true to the High Peaks — cool in the shade, hot on the exposed rock of Marcy and cold enough for a jacket on the summit. The views from Marcy were magnificent. We decided not to venture over to Skylight but to take our time on top, soak in the scenery, take pictures and talk to the summiteward. We enjoyed a swim in Johns Brook before dinner. The water was cold and refreshing — perfect for an after-hike clean up. The next day, two of us climbed up to the summit of Slide. It was much hotter than the previous day. We regrouped at JBL and hiked out. Good food, great people, fantastic weekend. Participants: Carolyn Cyr, Gary Wilcox, Ann Mundy, Lorraine MacKenzie.

Invite your friends to join

# ADK





**Goodnow Mountain, August 23, Pat Desbiens, 6 participants**

- I had the telephone in my hand to call everyone and cancel this hike — it was raining and it was the forecast we'd all become used to this summer of scattered showers with possible thunderstorms in the afternoon. But this was Glens Falls and we were going to Newcomb — the weather would be better there and it was! We were the first on the summit and had it all to ourselves for the entire time we were there. Chipmunks provided the lunchtime entertainment. Although a little hazy, the views were still great from the firetower. Participants: Margie Litwin, Melissa Ross, Stacey Coppey, Bryan Michon, Jack Whitney and Pat Desbiens.

**New Hampshire, August 27, John Devine and Wayne MacFarran, 3 participants**

- Another great extended outing. On the first evening Jayne Boudier saw her first wild Black Bear. Our hike up Mount Lafayette and Mount Lincoln was wonderful. More than five hours above tree line with 100-mile views. Saturday we had rain so we visited a number of waterfalls. Participants: Jayne Boudier, Wayne MacFarran, John Devine.

**Cedar River Flow Paddle, August 29, Ray Bouchard, 11 participants**

- Rain forced me to cancel the Saturday paddle, but as luck would have it there were enough folks who were willing to go on Sunday. Actually, we gained one paddler as we sat chatting at Panera. A young woman spotted all the kayaks and canoes in the parking lot and decided to find out who we were and where we were going for the day. Naturally, we welcomed her with open arms. I do believe she had a good time. After a leisurely paddle down the flow, we managed to pick our way through the reeds and find the entrance to the Cedar River, which is no small feat. With a summer full of non-stop rain, the current that we paddled against was more like a spring flow. The first 100 yards were the hardest, but after that the river broadened and less effort was required. Sadly, all good things must come to an end so after a pleasant lunch at the lean-to, we had to refloat our boats and head back. As you might expect the current carried us back to the lake with very little effort on our part. Participants: John Synakowski, Jack Whitney, Pat Desbien, Jim Armstrong, Tom Wakeley, Gary Rodd, Ely fuller, Joanne Armstrong, Sheri Shevy, Suzanne Pierce, Ray Bouchard.

**MacIntire Range Traverse from Adk Loj, September 5, Mike McLean, 3 participants**

- It was a beautiful day for a hike, accompanied by Alicia Schantz and Emil Klymkow. We hiked past Heart Lake and into Indian Pass, taking the first left up to the Marshall/Iroquois Col. Alicia needed Marshall for her 46, so we climbed that first before climbing up a couple of interesting cliffs and straining and crawling through some very thick woods to arrive at Shepard's Tooth. Views were incredible from the tooth. Then we ascended Iroquois and then Algonquin, enjoying the great weather and views. We were back to the Loj in short order. A strong group and wonderful conversation made the day fly by. Participants: Alicia Schantz, Emil Klymkow, Mike McLean.

**Dippikill Hike, September 6, Allen Altman, 24 participants**

- The weather was perfect (mid-70s and crystal clear) and there were no bugs. As a result a very large group turned out. The views from the summit of Dippikill mountain were the clearest ever in the 36 years the trip leader has been coming to Dippikill. Several took a refreshing swim at Dippikill Pond to end the outing and two went for a canoe ride. Participants: Allen Altman, Catherine Altman, Joanne Armstrong, Diane Barriault, Therese Bosse, Kathy Bryant, Bill Burke, Shelly Burke, Pat Desbiens, Daniel Graham, Nancy Kimball, Fran Loske, Frank Lyons, Mary Ann Moran, Marguerite Petrie, Jim Purdy, Ronny Purdy, Patricia Raufman, Harvey Raufman, Vannesse Rivers, Robin Sacks, Joe Loske, Rich Speidel, Allen Turula (who was present on the first two Dippikill Hikes and joined us at the meeting place to reminisce).

**Evening Paddle, September 10, Maureen Coutant, 16 participants**

- We paddled on Lake George starting at Million Dollar Beach and up along the east side of the lake. We got up as far as the Antigua Resort on Plum Point before heading back. The lake was as calm as I've ever seen it ... like glass. Hardly any boats after Labor Day and a beautiful sunset to cap it off! Gotta love September! Participants: Joanne Armstrong, Joe Bode, Maureen Coutant, Paul D., Todd Earl, Ely Fuller, Licia and Steve Mackey, Joy Muller-McCoola, Bob and Sandy Powell, Jim and Ruth Ralston, Alison Saville, Charlotte Smith, Don Thorn.

**Hour Pond/Bullhead Mountain, September 12, Rich Crammond and Jayne Boudier, 7 participants**

- We didn't make it to the summit, but what a bushwhack it was! Hopefully, there will be another attempt for this mountain. Thanks to all for being part of this outing and keeping your cool. Participants: Ray Boucher, Jennifer Reidy, Busser Erik, Lisa Weismiller, Bijan Ahniuds, Jayne Boudier, Rich Crammond.

**Big Slide, September 13, Bill Carpenter and Alison Darbee, 9 participants**

- Congratulations to Charlie Czech on his 46th Peak! The day started out clear, then unfortunately the view up top was marred by mists and clouds, but it got pretty nice out on the way down! Thanks to all. Participants: Brian Herschenhorn, Sandy Yellen, Charlie Czech, Helena Nevarez, Emil Klymkow, Joe Murphy, Madeline Kowalik-Bova, Bill Carpenter, Alison Darbee.

Have you checked out  
our Web site lately?

If you haven't been to see us on the Web lately,  
you're missing out.

[www.adk-gfs.org](http://www.adk-gfs.org)



## **Sleeping Beauty, September 13, Pat Desbiens, 17 participants**

- A gorgeous day for a hike with delightful people to the summit of a great little mountain with beautiful views of Lake George and the surrounding mountains. No bugs and a light breeze added to the enjoyment of the day. We made this a loop trip, returning via Bumps Pond where we stopped for a few minutes to explore the old chimney and enjoy the solitude of this beautiful little mountain pond. Following the end of the formal hike, some of us took a side trip to Shelving Rock Falls where the photographers in the group were able to get some good pictures. Participants: Suzanne Pierce, Jack Whitney, Erica Halbrook, Melissa Ross, Margie Litwin, Lesley Dixon, Deb Eichelberger, Nancy Weber, Susan Keely, Wendy Harder, Linda Pulver, Kris Karig, Laurie Orsini, Kathleen Povey, Ken Dreaper, John Whitney, Pat Desbiens.

## **Loon Lake Mountain Firetower, September 19, Jayne Boudier, 15 participants**

- We found the tower, and some braver ones climbed it. But Loon's rocky summit gave everyone views on this perfect, clear, cool day way up North. We were the only ones there! Beautiful day and an excellent group! Participants: George Baranauski, Charles Bergman, Jayne and Bob Boudier, Marcia Bryan, Anna Busser Erik, Alphonso Edgecombe, Erica Halbrook, Dan, Edith, and Shea Moltrap, Pat Peeble, Terry Peek, Dave Staszak, Jayne Boudier.

## **Santanoni Preserve, September 19, Alison Darbee, 3 participants**

- Beautiful weather, the leaves were just starting to turn on the hill-sides, and we had a warm spot in the sun for lunch at the Great Camp. Thanks to my fellow hikers for making it a pleasant walk in the woods! Participants: Bijan Ahmadi, Brain Keech, Alison Darbee.

## **Tongue Mountain Ridge, September 20, Lorraine MacKenzie, 8 participants**

- The temperature was in the 30's at the start and warmed up to the mid 70's by the time we reached the summit of French Mountain Point. We all agreed this was the best view of Lake George anyone has experienced. We were right on top of the Narrows. You could get a sense of the water depth from the various hues of blue surrounding the islands. There wasn't a cloud in the sky. The boat pickup at the end was the "icing on the cake." Participants: Sheri Shevy, Bob Lewit, Jane Lewit, Ray Bouchard, Monique Marcil, Stuart Delman, Neal Van Dorsten, Lorraine MacKenzie.

## **Cook Mountain, September 20, Pat Desbiens, 8 participants**

- We awoke to frost on the pumpkins, but with a later start we arrived on the summit just before noon with the skies a beautiful shade of blue, temperatures in the high 60's, no breeze, great views and a wonderful group of people with whom to enjoy lunch. On the way back we detoured a little bit to take in the view of the Champlain Valley and a hungry turkey vulture circling below us. It doesn't get much better! Participants: Christine Bourgeois, Bill Burke, Shelly Burke, Erica Halbrook, Mark Rise, Larry Simek, Jack Whitney, Pat Desbiens.

## **Evening Paddle, September 24, Maureen Coutant, 16 participants**

- This week we paddled a section of the Hudson between Corinth and Hadley/Lake Luzerne. The summer crowds had disappeared. We only saw a couple of motor boats that evening. Daylight came to an end a bit too quickly though! Not all of us made it to the falls and Sacandaga River, but we all made it back and packed up before it got really dark! Participants: Joe Bode, Jim and Mo Coutant, Paul D., Todd Earl, Tom Hall, Licia and Steve Mackey, Joy Muller-McCoola, Andrew and Anne Paolano, Suzanne Pierce, Jim Ralston, Alison Seville, Jim Swart and Greg.

## **Cascade and Porter from Marcy Airfield, September 26, Bill Morse, 3 participants**

- What a beautiful day for a hike. Lots of sunshine, very little wind and cool temperatures. The route up from Marcy Field to Porter has some steep sections, but no rock scrambles. As advertised, the trail is little used. We saw no other hikers until we reached the summit of Porter. There were close to a dozen people on Porter. We trekked over to Cascade where there was at least 100 people. Standing room only. We changed from the planned route back. We went down Porter to the Garden. Above Little Porter the trail is vague in places, but in good shape. From Little Porter to the Garden an excellent, well-maintained trail. We hopped the shuttle back to Marcy Field and timed it right as the shuttle showed up a couple of minutes after we reached the Garden parking area. We were a small group, but we had a great time. (George's first two peaks.) Participants: Janice Miller, George Haviland, Bill Morse.

## **YMG — Cliffs and Falls, September 26, Jonathan Lane, 9 participants**

- Wow, this trip is hard to put into words. The weather was perfect, the views were incredible, and the company was amazing. The leaves were in the midst of changing colors, which offered us many opportunities for taking beautiful photos. Participants: Bijan Ahmadi, Lawrence Allen, Chandra Geremick, Jonathan Lane, Monique Marcil, Mark Rye, Melissa Symolon, Sara Symolon, Josette Valenti.

## **Upper and Lower Cascade Lakes, September 26, John Devine, 5 participants**

- What a beautiful sunny day. Five members gathered at Cascade lakes and enjoyed a pleasant canoe/kayak paddle. Thanks to everyone for sharing their boats so others could try something new and different. Participants: John Devine, Wayne MacFarran, Suzanne Pierce, Chris Bourgedis, Erica Halbrook.



# 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 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](http://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.





# *ChepontucFootnotes*

Glens Falls-Saratoga Chapter Adirondack Mountain Club  
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## 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.

