



Chepontuc Footnotes

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

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

GLENS FALLS-SARATOGA CHAPTER ADIRONDACK MOUNTAIN CLUB

Annual Dinner

Registrations
must be received by
Friday, October 16

Friday, October 23, 2009

Holiday Inn Saratoga Springs, 232 Broadway (Route 9), Saratoga Springs, NY
Cash Bar 5:30 p.m. • Dinner 7:00 p.m.

Featuring Adirondack singer, songwriter & storyteller Chris Shaw

Please join fellow ADKers for a warm and friendly social gathering in the finest Adirondack tradition. Back by popular demand: One of the Adirondacks' most endearing people, **Christopher Shaw** was raised in the Adirondack Mountains of upstate New York. He was born the son, of the son, of a commercial steamboat pilot on Lake George. Chris worked the big boats and grew up listening to the songs and stories passed down in those mountains from generation to generation, never suspecting he would bring those same songs and stories to audiences all over the world.

Chris has appeared at such highly respected venues as the **Kennedy Center for the Performing Arts**, the **Smithsonian Institute**, the **Philadelphia Folk Festival**, the **Old Songs Folk Festival**, and the **Chautauqua Institute**, as well as music halls, festivals, and coffee houses across the U.S. and Europe. He has produced a number of sound tracks for PBS (public television) and his works have been inducted into the **Library of Congress Folk Archives**. At the end of the day, Chris can be found teaching his sons, Christopher (Tink) and Silas to fish the wild streams of the North Country.

Please visit www.chrisandbridget.com for more information about Chris's performances and CDs. New! Read Chris's blog at adkchrishshaw.wordpress.com

The newly renovated Holiday Inn Saratoga offers a warm, welcoming place to gather in the friendly Adirondack tradition. **We welcome non-members and invite you to become an ADK member at the Dinner.** Please reserve early to guarantee your place at the table!



Glens Falls-Saratoga Chapter ADK Annual Dinner 2009

Hors d'oeuvres: Cocktail Hour/Cash Bar

Fresh Vegetable Crudités
Fruit and Cheese Display



Mixed Green Salad with House Vinaigrette
Rolls & Butter

Entrees: Choice of One

- Slow Roasted Prime Rib of Beef Au Jus (\$29) •
- Baked Salmon Filet Beurre Blanc (\$24) •
- Cornbread Stuffed Grilled Chicken Breast with Supreme Sauce (\$22) •
- Veggie: Tomato Basil Penne tossed with Seasonal Vegetables & Feta Cheese (\$19) •

Smashed Potatoes with Garlic • Steamed Julienne Vegetable Medley



Cheesecake with Strawberries
Coffee, Tea, Decaf

Reservations Instructions/Directions

1. All reservations must be PREPAID and RECEIVED BY **FRIDAY, OCTOBER 16 (no exceptions)**
 2. Sorry, phone reservations cannot be accepted — use mail in form below.
 3. Please make checks payable to: **GLENS FALLS-SARATOGA CHAPTER ADK**
 4. Mail reservation form (below) and check to:
JOHN SCHNEIDER, 6 NONCHALANT DR., SARATOGA SPRINGS, NY 12866
 5. We do not mail confirmations back to you. Your meal ticket will be waiting for you at the registration table.
 6. For more information contact **SUSAN HAMLIN** at adkdinner@gmail.com or go to www.adk-gfs.org
 7. Please reserve early as space is limited. Sorry, we cannot accommodate telephone reservations or reservations received after October 16. Thank you for participation in the ADK community.
- DIRECTIONS** to Holiday Inn Saratoga: 232 Broadway (intersection of RT 9, RT 50 and E. Circular St, across from Stewarts) Hotel: 518-584-4550; online at www.spa-hi.com (Parking lot at hotel)

RESERVATION FORM

Your Contact Phone Number _____

For more information, contact Susan Hamlin at adkdinner@gmail.com or go to www.adk-gfs.org

DINNER SELECTION (PLEASE CHECK ONE)

NAME (please PRINT CLEARLY for your name tag)	Chicken \$22	Beef \$29	Fish \$24	Veggie \$19
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____

Checks payable to: **Glens Falls Saratoga Chapter ADK**. Please enclose payment and mail to:
JOHN SCHNEIDER, 6 Nonchalant Dr., Saratoga Springs NY 12866

Musings from the trail

BY HEIDI teRIELE KARKOSKI



CHAPTER CHAIR Report

*On our journey,
I met a young boy
on the trail that I won't
soon forget ...*

I recently visited the White Mountains of New Hampshire and did some hiking in the Franconia region with my husband. We were blessed with a clear start to the day and fair temperatures. It was a treat to see a bull moose along the highway on the way to the trailhead at Lafayette Place. While I know and love the Adirondacks, the Whites are fairly new to me and I enjoy the adventure and discovery this region has to offer. We were both impressed by the Appalachian Mountain Club hut located below the summit cone of Mt. Lafayette that houses 36 people, serves meals, and has a well that provides cold, potable drinking water above 4,000 feet elevation.

Part of our hike was on a section of the Appalachian Trail (AT), which runs from Georgia to Maine, covering over 2,000 miles. I have been following chapter members Steve Mackey and Jean Holcomb who have tackled the AT this summer, Steve starting in Georgia and later Jean in Maine. Ironically, both were in New Hampshire at the time of my visit. Along the way, I found myself thinking of them, and wondering where they were on the trail and how they were doing. The White Mountains are definitely rugged and the trails seem to go straight up! My hat's off to these intrepid hikers who have taken on this challenge. Our chapter website has posted missives from Steve and Jean as they move along the trail. Log

on to read about their adventures. Hopefully, they will share their stories and pictures at future ADK chapter programs.

We met a lot of people along the Franconia Ridge trail that day, owing to the fact that it is touted as one of the finest hikes in the eastern United States. Several groups from teen camps traversed the ridge with full packs, and we met many day trippers enjoying the great views and sunny weather. One of the greatest things about hiking is the camaraderie shared between people on the trail. We take

pictures of each other, share weather reports, talk about routes and trail conditions, or get a smile and hello as we pass. It was really nice to see so many youths hiking.

On our journey, I met a young boy on the trail that I won't soon forget. I was able to give him an energy bar after his mom told us they did not have any food with them. A hiker in their group carried all their food and had gone ahead. The joy on his face as he nibbled on the bar was better than any view I had seen that day. He was confident that he could get to the mountaintop with this little boost.

Is there something you can share with us? Let us know how you spent your summer. Share your experiences with fellow chapter members by submitting photos or articles for the website or newsletter. Tell us what interests you! Happy trails, wherever you may go.

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Conservation News

By Jacki Bave

ADK ISSUES TWO ACTION ALERTS

• **Five Ponds Wilderness** – The Adirondack Park Agency has proposed making a significant addition to the Five Ponds Wilderness, thereby protecting the wild character of important canoe routes in the western Adirondacks. The wilderness classification proposal includes newly acquired lands on the south shore of Lows Lake and the lake bed and waters of Lows Lake, Hitchens Pond and the Bog River Flow. This would ensure future protection of Lows Lake and wilderness canoe routes in this area. ADK has encouraged its members to support this reclassification; further information can be found on the chapter website.

• **Allegany State Park** – New York State's Office of Parks, Recreation and Historic Preservation recently held informational meetings to obtain input for a Draft Master Plan for Allegany State Park. ADK believes that the best way to protect the park's wilderness character is to have the park's undeveloped areas designated

as Park Preserve. This designation would help ADK advocate for the protection of the wild areas from pressures the park may face in the future, such as timber cutting, road construction and oil and gas extraction. More information is available on the Action Alert on the chapter website.

Zim Smith Trail to be Extended – Thanks to efforts by Saratoga P.L.A.N. and action taken by the Saratoga County Board of Supervisors, funding is in place to extend the Zim Smith Recreational Trail from the Mourning Kill (north of Curtis Lumber on Route 67) into the Village of Ballston Spa at Oak Street. The ultimate goal is for the trail to reach the Saratoga Spa State Park in future years. To see a map of the present Zim Smith Trail, visit Saratoga Plan's website at saratogaplan.org and select projects, then trails.

Big Cedar Swamp – This extensive wetland, located in the Town of Queensbury, has been subjected to pressure from development for many years. On behalf of the Big Cedar Swamp Coalition, chapter member John Caffry has once again worked with the Town Board to preserve this wetland and prevent its segmentation. A proposed Wal-Mart service road will now be located on a route that does not interfere with the wetlands.

On Safari in Africa 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.

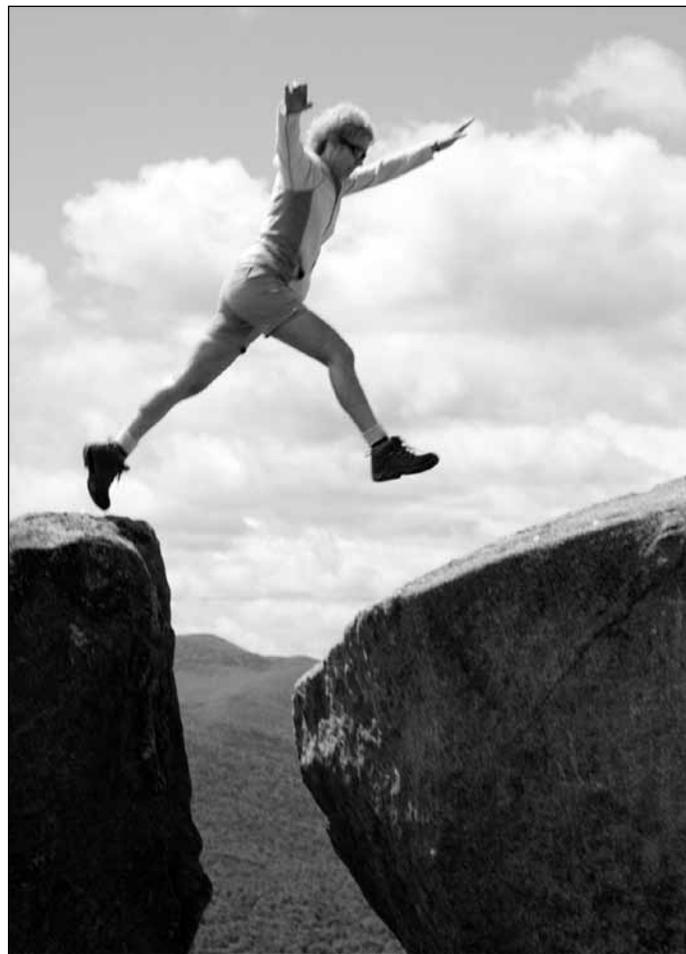
Climbs of Mt. Meru and Killimanjaro. Mt. Meru, a sacred mountain in Hindu mythology, is the fourth highest peak in Africa at 15,000 feet and offered unbelievable views of wildlife, volcanic cones, and of Killimanjaro only an hour's drive away. Mt. Meru is also a stratovolcano like Mt. Saint Helens or 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.

Program

WHEN: 7 P.M., NOVEMBER 19

WHAT: TALK, SLIDE SHOW
WITH STEVE BARLOW

WHERE:
CRANDALL PUBLIC LIBRARY,
GLENS FALLS



A leap of faith

Pitchoff Mountain Loop, July 5
— Sandy Yellen leaps on the Balanced Rocks. To read the entire trip review, please see page 13.



2010 Chapter Winter Weekend at Heart Lake

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 to many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await your snowshoes. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mt. Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfasts and dinners are included in the price. The 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 persons who thought they were registering early enough, only to find out that the reservations were full, and they were wait-listed or closed out of their trip.

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

Volunteers wanted! Headquarters workday scheduled

Adirondack Mountain Club
Headquarters Workdays
Saturday, October 24th
9:00 a.m. approximately 2:00 p.m.

Join fellow ADKers and friends to spruce up ADK headquarters property off Exit 21 of the Northway.

Each year, volunteers help ADK by doing a little spring-cleaning. The decks get treated, trim is painted, the lawn is raked, and other projects are done to maintain the property. It's fun to meet new people and take part in a community project. You don't have to bring anything other than work gloves — if you have them. **Bring a friend** along also to make it more fun! **Bagels, Mo's scones, coffee and lunch (including Jim's famous workday cookies) will be provided!**

"Many hands makes light work" — please check your calendar and see if you can spare the day or part of it!

Call Maureen Coutant for more information and to sign up at 745-7834 or e-mail: mojom@roadrunner.com. (If you can come a different day to do a project, let me know.)

The Hiker's Journal

Along the Appalachian Trail on Saturday, July 25, 2009, from chapter member Steve Mackey:

I'm in Glencliff, New Hampshire. There are a little less than 400 miles left. It has been raining a lot and the trail is a muddy mess. It also is getting steeper with bigger mountains. I will be climbing Mt. Moosalaki tomorrow. It is supposed to have great views, so hopefully it will be sunny. I tried to do the 40 miles from Hanover in two days, but I got a late start Thursday. The Bave sisters and Dan Dolan visited and treated me to breakfast (which was a very nice treat). I was all set to stop at 14 miles on Thursday, but I figured I

better do the six now because there was no way I was going to do 26 the next day. The last six miles was up Starter Mountain. I ended up doing the last two in the dark. It was cloudy and about to rain any minute and the mountain went on and on and on. When I finally got to the summit and the old ranger cabin, everyone was asleep so I went to bed with no dinner. Between the big endless climb, no dinner, and the mud I had no zip. Thirteen miles was all I could manage. So I'm at the hostel in Glencliff today pretty early and I will just relax and refuel.

To read more of Steve's journeys along the Appalachian Trail, log-on to our website www.adk-gfs.org

New members

GF-S CHAPTER

New Members to the GF-S Chapter

January/February 2009

- William Burke, Queensbury
- Marie Cox, Gansevoort
- Eleanor & Thomas Cutignola, Lake George
- Sarah Deane, North Creek
- Rich Fallon, South Glens Falls
- Laura Golas, Guilderland
- Susan and Sheldon Howard, St. Johnsville
- Deborah Laurange, Mark & Deanna Roberts, Middlegrove
- William & Karra McMurry, Hudson Falls
- Bonnie Nemeyer, Queensbury
- Kathleen Quinn, Matt, Gabriel & Grace Sgarbettera, Saratoga Springs
- Patricia Romayne, Manchester Center, Vermont
- Staci & Joe Webb, Diamond Point
- Matthew, Keri, Olivia & Carter Zebrowski, Ballston Spa



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: November 19 **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Carl R's Cafe Restaurant and Bar in Glens Falls and the Wesley Health Care Center in Saratoga Springs. Future Meetings: October 7, November 4

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: September 17, November 18

*YMG = Young Members Group

September	Outing Type	Destination	Leader(s)	Rating
2	Wed Meeting	Executive Committee Meeting	Heidi Karkoski	NR
5	Sat	Hike	Mike McLean	A+
6	Sun	Hike	Jayne Boudier	A
6	Sun	Hike	Allen Altman	C+
10	Thu	Camp/Hike	John Devine, Wayne MacFarran	A
10	Thu	Paddle	Maureen Coutant	B
12	Sat	Hike	Lorraine MacKenzie	A+
12	Sat	Hike	Rich Crammond, Jayne Boudier	B+
13	Sun	Hike	Bill Carpenter, Alison Darbee	A
13	Sun	Hike	Pat Desbiens	C+
17	Thu Meeting	Outings Leaders Meeting	Jack Whitney	NR
19	Sat	Hike	Bill Carpenter, Jack Whitney	A
19	Sat	Hike	Jayne Boudier	B
19	Sat	Hike	Alison Darbee	B
20	Sun	Hike	Lorraine MacKenzie	B+
20	Sun	Hike	Pat Desbiens	C+
24	Thu	Paddle	Maureen Coutant	B
26	Sat	Hike	Bill Morse	A
26	Sat	Hike	Sandy Yellen	B
26	Sat	Hike	Jonathan Lane	B+
26	Sat	Paddle	John Devine	C
27	Sun	Hike	Bill Carpenter, Jack Whitney	A
27	Sun	Paddle	Rich Myette	C
October				
3	Sat	Hike	Reg prouty	A+
4	Sun	Hike	Dan Monroe, Jack Whitney	B+
4	Sun	Hike	Bill Schwarz	B
7	Wed Meeting	Executive Committee Meeting	Heidi Karkoski	NR
8	Thu	Paddle	Maureen Coutant	B
10	Sat	Hike	Rich Myette	B
10	Sat	Hike	Rich Crammond	B
11	Sun	Hike	Dan Monroe	B
17	Sat	Hike	Lorraine MacKenzie	A
17	Sat	Hike	Jayne Boudier	A
17	Sat	Walk/Hike	John Devine	C
18	Sun	Walk/Hike	Dan Monroe	B
22	Thu	Paddle	Maureen Coutant	B
24	Sat	Hike	Jayne Boudier	A-
24	Sat	Other	Maureen Coutant	NR
25	Sun	Hike	Rich Myette	B
25	Sun	Hike	Dan Monroe	B+
November				
1	Sun	Hike	Jayne Boudier	A
1	Sun	Hike	Jack Whitney	B
4	Wed Meeting	Executive Committee Meeting	Heidi Karkoski	NR
7	Sat	Hike	reg prouty	B+
15	Sun	Hike	Jayne Boudier	A
15	Sun	Hike	Sandy Yellen	B
18	Wed Meeting	Outings Leaders Meeting	Jack Whitney	NR
19	Thur Program	Presentation with Steve Barlow	Steve Barlow	NR
21	Sat	Hike	Mike McLean	A
26	Thu	Hike	Rich Crammond	C+
27	Fri	Walk/Hike	John Devine	C



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.*

MACINTIRE RANGE TRAVERSE FROM ADK LOJ HIKE

Saturday, September 5

Time: 7:00 a.m.

Rating: A+

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

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

LOST GORGE HIKE

Sunday, September 6

Time: 7:30 a.m.

Rating: A

Jayne Boudier 793-3770

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

DIPPIKILL HIKE

Sunday, September 6

Time: 10:00 a.m.

Rating: C+

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

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

NEW HAMPSHIRE II CAMP/HIKE

Thursday, September 10-Sunday, September 13

Time: 8:00 a.m.

Rating: A

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

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

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

THURSDAY EVENING PADDLE

Thursday, September 10

Time: TBD

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

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

UPPER WOLF JAW HIKE

Saturday, September 12

Time: 7:30 a.m.

Rating: A+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

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

HR POND/BULLHEAD MOUNTAIN HIKE

Saturday, September 12

Time: 8:30 a.m.

Rating: B+

Rich Crammond 584-2380

Colead: Jayne Boudier 793-3770

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

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.



BIG SLIDE HIKE

Sunday, September 13

Time: 7:00 a.m.

Rating: A+

Bill Carpenter 793-5506

Alison Darbee 812-0022

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

SLEEPING BEAUTY HIKE

Sunday, September 13

Time: 9:00 a.m.

Rating: C+

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

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

HELPS MOUNTAIN HIKE

Saturday, September 19

Time: 6:30 a.m.

Rating: A

Bill Carpenter 793-5506

Colead: Jack Whitney 793-9210 or jack1758@roadrunner.com

This is a new way to hike Phelps. We will start from South Meadows Road, hike up to the Klondike lean-to and join the path to Phelps.

LOON LAKE MOUNTAIN FIRETOWER HIKE

Saturday, September 19

Time: 7:00 a.m.

Rating: B

Jayne Boudier 793-3770

An easier route to this tower has recently been opened to the public, so instead of an exciting A hike, with hours of bushwacking, we'll only be doing a 4-mile hike on some old roads and overgrown, steep paths. Bummer. After the DEC builds a new parking lot the trip will be only two miles — so let's do it now! Four miles and 1,600 ft. ascent, at a moderate, unrushed pace. Great views of the northern Adirondacks — the High Peaks, Lyon, Debar, and Azure Mountains. Northeast of Paul Smiths.

SANTANONI PRESERVE HIKE

Saturday, September 19

Time: 8:00 a.m.

Rating: B

Alison Darbee 812-0022

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

TONGUE MOUNTAIN RIDGE HIKE

Sunday, September 20

Time: 8:00 a.m.

Rating: B+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

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

COOK MOUNTAIN HIKE

Sunday, September 20

Time: 9:00 a.m.

Rating: C+

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

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

THURSDAY EVENING PADDLE

Thursday, September 24

Time: TBD

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

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

CASCADE & PORTER FROM MARCY AIRFIELD HIKE

Saturday, September 26

Time: 8:00 a.m.

Rating: A

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

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

PEAKED MOUNTAIN HIKE

Saturday, September 26

Time: 8:00 a.m.

Rating: B

Sandy Yellen 584-2763

This hike starts as an easy trail along the shore of 13th Lake, then follows a stream upward, and ends with some steep climbing. Hopefully we'll see some nice color in the leaves. Round trip distance is 8.2 miles with an elevation of 1,245 ft. Call leader for details and to sign up.



YMG — CLIFFS AND FALLS HIKE

Saturday, September 26

Time: 8:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

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

UPPER AND LOWER CASCADE LAKES PADDLE

Saturday, September 26

Time: 8:00 a.m.

Rating: C

John Devine 260-4940 or johdev@adelphia.net

Meet at Panera Bread. Upper and Lower Cascade lakes are located along Route 73 between Keene and Lake Placid. We will park at the centrally located parking/picnic area located between both lakes. You will be surprised at the view of the cliffs as you paddle these small lakes. This trip will be an opportunity to swap boats and try each other's boats. Bring a lunch and drink. Each participant must have a life preserver and each boat requires a whistle or other noise maker (NYS law). If you have no boat, but still want to go, leader has extra canoes and equipment so call ahead and we'll make it happen. Please sign up by 9/24 call before 9 p.m. or e-mail.

SAWTEETH HIKE

Sunday, September 27

Time: 6:30 a.m.

Rating: A

Bill Carpenter 793-5506

Colead: Jack Whitney 793-9210 or jack1758@roadrunner.com

Starting from the Ausable Club and up the road to Lower Ausable Lake. We will take the Scenic Trail to Sawteeth. Great views to be had from the many lookouts.

GARNET LAKE PADDLE

Sunday, September 27

Time: 9:00 a.m.

Rating: C

Rich Myette 745-5037

Garnet Lake is a pleasant paddle with some interesting features. Nice views of Crane Mountain and Mount Blue.

HAYSTACK VIA PHELPS TRAIL HIKE

Saturday, October 3

Time: 5:30 a.m.

Rating: A+

Reg Prouty 518-747-9736

Haystack is my favorite peak due to the fabulous 360-degree view. This trip is 17.8 miles round trip with 2,790 ft. of ascent but the view is worth it, especially during foliage season. Our pace will be designed so that it will not be as fast as some aspiring 46ers might like, but we will bring headlamps and take enough time to "smell the roses" and have a relaxing lunch on top, weather permitting. Rain will cancel. Please call by Thursday night.

JAY RANGE HIKE

Sunday, October 4

Time: 7:30 a.m.

Rating: B+

Dan Monroe 747-6936 or insearchof@adelphia.net

Colead: Jack Whitney 793-9210 or jack1758@roadrunner.com

We will have spectacular views of beautiful fall foliage while traversing the open rocky ridgeline to the summit of Jay Mountain on this trip. Round trip distance is about 7 miles with 1,800-1,900 ft. of elevation gain. Remember to bring your cameras.

13TH LAKE TO HOUR POND HIKE

Sunday, October 4

Time: 8:00 a.m.

Rating: B

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

We can now do a complete circuit of 13th Lake, with a new trail on the west shore. But we also want to visit Hour Pond for lunch at the lean-to. This route has numerous ups and downs, with a distance of 9 miles. This was to be a snowshoe trip on April 5 but the snow disappeared too soon! We may stop in North Creek for food/drink afterward. Rain cancels.

EVENING PADDLE

Thursday, October 8

Time: TBD

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

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

HURRICANE MOUNTAIN HIKE

Saturday, October 10

Time: 7:00 a.m.

Rating: B

Rich Myette 745-5037

From the rocky summit we should have views of the High Peaks as well as the Green Mountains and much of Lake Champlain's extensive water and valley. The Fall colors will hopefully be amazing from this vantage point. We'll take the North Trail, parking at Crow Clearing above Keene. Six miles round trip with a 1,600 foot vertical ascent. Moderate pace.



HANGING SPEAR FALLS HIKE

Saturday, October 10

Time: 8:00 a.m.

Rating: B

Rich Crammond 584-2380

Meeting place will be the Upper Works Trailhead (ask leader for directions if unfamiliar with trailhead). We will hike from the Upper Works Trailhead to Flowed Lands, then to the falls on marked trails. Approximately 11.5 miles round trip. Bring flashlights and dress for fall weather. Plan for an all-day hike. "We can do this" — little elevation change — Tahawus Tract Hiking Area.

LEADER'S CHOICE HIKE

Sunday, October 11

Time: 8:30 a.m.

Rating: B

Dan Monroe 518-747-6936 or insearchof@adelphia.net

Please call leader for details.

DIAL MOUNTAIN HIKE

Saturday, October 17

Time: 6:30 a.m.

Rating: A

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

Walking the Ausable Club road is spectacular in peak foliage season. Dial Mountain is a 5.8-mile hike one way and at 4,020 feet, overlooks beautiful landscape and the High Peaks to the North and West. The pace will be quick enough to be out before dark but slow enough to take pictures and appreciate the colors. Rain cancels.

WYMAN MOUNTAIN BUSHWACK HIKE

Saturday, October 17

Time: 6:30 a.m.

Rating: A

Jayne Boudier 793-3770

This unfamiliar, 3,300 ft. peak has great views of the Dix Mountain Wilderness. See waterfalls, a wild, steep-sided pass, scenic overlooks, and an interesting boulder-field along the way. Approximately 10 miles (half of it trail-less), 2,500 ft. ascent, at a moderate, unrushed pace.

SHELVING BROOK WATERFALL AND LAKESIDE WALK/HIKE

Saturday, October 17

Time: 9:00 a.m.

Rating: C

John Devine 260-4940 or johdev@adelphia.net

Located in West Fort Ann on the East side of Lake George this hike will be more of a walk than a hike. We'll hike to the waterfall and then follow the brook down to the lake. Once at the lake we'll walk North along the carriage road checking out the lake vistas. Bring lunch and a drink; 4-5 miles. Some short steep sections near the waterfall. Sign up by Thursday 10/15 call before 9 p.m. or e-mail. Limit 12.

SLEEPING BEAUTY WALK/HIKE

Sunday, October 18

Time: 9:00 a.m.

Rating: B

Dan Monroe 518-747-6936 or insearchof@adelphia.net

We will meet at Panera Bread in Queensbury. We can start at the outer parking lot or drive in to Dacy Clearing. Group to decide. A leisurely pace to the top and probably loop down to Bumps Pond. Nice view from the top. Plenty of time to enjoy the day. Let's hope for sun.

EVENING PADDLE

Thursday, October 22

Time: TBD

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

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

MIDDLE MOUNTAIN BUSHWACK

Saturday, October 24

Time: 7:30 a.m.

Rating: A-

Jayne Boudier 793-3770

This will be an adventure hike to a mountain west of Jabe Pond, in Hague. Middle looks rocky from Wardsboro Road (the original route from Bolton to Hague, and now mostly abandoned), and might have views of Jabe Pond and nearby Catamont Mountain. But there's a pesky Fly Brook between the road and those possible views that needs to be crossed. Looks like about 7-8 miles and 1,300-1,500 ft. ascent, at a moderate but unrushed pace.

ADK LAKE GEORGE PROPERTY WORKDAY

Saturday, October 24

Time: 9:00 a.m.

Rating: NR

Maureen Coutant 745-7834 or mojim@roadrunner.com

Come join fellow ADKers for some fall cleanup at the ADK headquarters. Always a good time and work gets done too! Breakfast and lunch provided! Call or e-mail Maureen for more details.

VANDERWHACKER MOUNTAIN HIKE

Sunday, October 25

Time: 8:00 a.m.

Rating: B

Rich Myette 745-5037

The fire tower provides a great view of the High Peaks. Five miles round trip, 1,700 feet elevation gain. Steep climbing at first, then moderate grades.



BUCK MOUNTAIN HIKE

Sunday, October 25

Time: 9:00 a.m.

Rating: B+

Dan Monroe 518-747-6936 or insearchof@adelphia.net

We will meet at Panera Bread in Queensbury. We will take a leisurely pace. This is a nice 2,000' climb and a 6.6-mile round trip hike. Great views North, South, and West from the top. Let's hope for a nice day. We will enjoy lunch on the top.

HOFFMAN MOUNTAIN BUSHWACK

Sunday, November 1

Time: 5:00 a.m.

Rating: A

Jayne Boudier 793-3770

From Big Pond we'll start North up a nice hardwood ridge, with views East, toward Hoffman's thick, spruce, viewless summit. But 5 minutes past the summit is a neat peek through branches at Elk Lake and the High Peaks. Approximately 11 miles (8 trail-less), 2,400 ft. ascent, at as moderate a pace as possible.

CAT AND THOMAS MOUNTAIN HIKE

Sunday, November 1

Time: time TBD,

Rating: B

Jack Whitney 747-6936 or insearchof@adelphia.net

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.

LEADER'S CHOICE HIKE

Saturday, November 7

Time: TBD

Rating: B+

Reg Prouty 518-747-9736

This will be a moderate B hike in the Keene Valley area probably Roostercomb and Snow or Noonmark and round loop. Pace will be relaxed with plenty of time to enjoy the late fall bug-free hiking season.

WALFACE MOUNTAIN BUSHWACK

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 bushwacking, 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 6 miles with 1,474 ft. of elevation. Call leader for details and to sign up.

CLIFF MOUNTAIN FROM UPPER WORKS HIKE

Saturday, November 21

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.

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 5 miles. Bring your binoculars and dress for the weather. Happy Thanksgiving.

MOREAU LAKE STATE PARK WALK/HIKE

Friday, November 27

Time: 9:00 a.m.

Rating: C

John Devine 260-4940 or johdev@adelphia.net

We will meet at 9 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.

Publicity Chair Vacancy

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



GF area walk, Tuesday, June 2, Maureen Coutant, 7 participants

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

Thursday Evening Paddle, Thursday, June 4, Maureen Coutant, 23 participants

- Wow ... we had quite the flotilla! Crossing the lake an osprey was circling the lead pack. Maybe checking them out to see if they looked like good eating! Then we meandered through the stream past the osprey nests. Everyone enjoyed the activity ... and then we quickly and quietly moved on. The beavers had been busy downstream and cut the trip short. The group returned to the lake with the group splitting and half continuing on to little round lake and a shoreline paddle. Perfect weather, glass smooth water, good company, wonderful wildlife ... what could be better? Participants: Joanne Armstrong, Ray Bouchard, Jim and Maureen Coutant, Ralph DeCristofaro, Paul Dietershagen, Kathy Fancher, Beth and Steve Gurzler, Don Pompliano, Bob and Sandy Powell, Jim Ralston, Gary Rodd, George Sammons, Alison Seville, Fred and Sandy Songayllo, Kathy Taylor, Don Thorn, Rudy Tomasik, Amy and John Zanghi.

Panther, Santanoni and Couchaschraga High Peaks, Saturday, June 6, Bill Carpenter and Alison Darbee, 9 participants

- What a great, long day! The sun was out the whole time and the horror stories we've heard about this range were not to be. Our lead hiker's "comments" let us know when the mushy ground was coming up so we could search for firmer footing (thanks, Chris!). And a rope/rock descent was a nice curve ball on this hike as well but we all made it down one way or another (thanks, Greg, for being first to try out the strength of the rope!) Participants: Chris Brown, Greg Matthei, Ray O'Connor, Joseph Murphy, Bob Sellar, Dan Monroe, Dan Moellman, Bill Carpenter, Alison Darbee.

YMG — Wakely Mountain — Fire Tower, Saturday, June 6, Jonathan Lane and Tricia Lockwood, 4 participants

- What a wonderful day! We saw plenty of wildlife: a chipmunk, rabbit, snake, and a family of grouse. Actually, the momma grouse came onto the trail and started to come after us, chasing us back up the trail! We were able to see a couple of her chicks — they were sooo cute! Other than dealing with hungry bugs, we enjoyed great weather and beautiful views. Participants: Laura Golas, Jonathan Lane, Tricia Lockwood, Larissa Randall.

Treadway Mountain Canoe/Hike, Saturday, June 6, Bill Morse, 7 participants

- A good day for a paddle and a hike. Calm paddle to trailhead. A few mosquitoes at the trailhead, but very few thereafter. An easy

hike up Treadway with a light breeze and lots of lady's slippers. Good views on top and very relaxing. Rumor has it trip leader took a short nap. To extend the good conditions we took the long paddle back to enjoy the rest of Putnam Pond. Participants: Liz Gee, John Devino, Wayne MacFarren, Rich Myette, Sue Jepts, Bonnie Whitman, Bill Morse.

Owl's Head and Belfry Mountain, Sunday, June 7, Lorraine MacKenzie, 3 participants

- We bravely set out to tackle these two "rough" climbs. Belfry Fire Tower offered views of Lake Champlain, Vermont and a variety of birds. It took us longer to find Owl's Head Trailhead than it took to climb it. On top, it appeared we could reach out and touch Cascade. The rain and accompanying clouds limited our views of anything else. Participants: Ray Bouchard, S. Bruce Grouse, Lorraine MacKenzie.

GF area walk/hike, Tuesday, June 9, Maureen Coutant, 6 participants

- We wound up driving into Dacy Clearing, which cut down on our total mileage and allowed us to get back to Queensbury by 3 p.m.! We were treated to beautiful pink lady's slippers along the way. The bugs weren't bad, unless you stopped for quite awhile. We even helped Sarah find some geocaches along the way. Ray took some beautiful photos ... check out the gallery. Participants: Ray Bouchard, Mo Coutant, Albina Ientile, Sarah King, George Sammons, Kathy Taylor.

Vanderwhacker Mountain Fire Tower, Saturday, June 13, Rich Crammond, 7 participants

- The trail was wet and the black flies were bad. We made the best of it and hiked to the tower for some great views and a well-earned lunch break. It was good hiking with other people and also with my son Rich. A rugged group for sure. Thanks to all for being on this outing. Participants: Trica Lockwood, Melissa Ross, Margie Litwin, Anne Maria Grom, Walter Grom, Rich Crammond Sr., Rich Crammond Jr.

GF area walk/hike, Tuesday, June 16, Maureen Coutant, 10 participants

- This week we walked just over 5 miles along the Feeder Canal. We started at Murray Park in Hudson Falls and walked past the five combines to the end of the trail. Purple irises in the wetland areas were a treat. This was a new area for a few and a reminder for others of this great recreational resource in the Glens Falls backyard. Participants: Fran Balch, Maureen Coutant, Margaret Curtis, Liz Gee, Sarah King, Licia Mackey, George and Irene Sammons, Diane Sante, Judith Thomas.

Thurs Evening Paddle, Thursday, June 18, Maureen Coutant, 17 participants

- Talk about timing. This week we went to Stewarts Pond (Bridge) and we were right at the edge of a thunderstorm. We took our time getting the boats in the water. Then we stood around and talked on shore a bit longer than normal waiting for the clouds to pass. When we were in the clear, we headed out and had a great



time. Many of us had not paddled this section before and enjoyed being out on the water with a great bunch of people. Participants: Jan Carlson, Maureen Coutant, Charlie and Linda Czech, Ralph DeCristofaro, Kathy Fancher, Ely Fuller, Licia Mackey, Kathy McMahon, Jim Ralston, Gary and Shar Rodd, George Sammons, Jim Schneider, Don Thorn, Amy and John Zanghi.

GF area hike/walk, Tuesday, June 23, Maureen Coutant, 6 participants

- This week we returned to an old fall back for a quick and easy workout. We hiked up the road to the Butler Pond Reservoir access in Queensbury. It's almost like walking on a trail through the woods ... except that it's paved! It was a nice day and we were all glad to be out, plus the bugs weren't too bad on the road. Participants: Maureen Coutant, Margaret Curtis, Sarah King, George Sammons, Judith Thomas, Nancy Weber.

Big Slide, Saturday, June 27, Lorraine MacKenzie, 10 participants

- Ten of us set out on a mostly overcast morning. The cloud ceiling was high enough to see some of the peaks and the sun shone as spotlights through the few breaks. The rain started falling, thunder sounded and only a few made it to the summit. This turned into a trip where the goodness inside the participants glowed brighter than any sun-filled day. Participants: Jim Brown, Chris Brown, Sandy Yellen, Bob Sellar, John Sywakowski, Tricia Lockwood, Wayne MacFarran, Pam Youker, Carolyn Cyr, Lorraine MacKenzie.

Ester and Whiteface, Sunday, June 28, Bill Carpenter and Alison Darbee, 6 participants

- Great company, good weather, an entertaining raven, a flying champagne cork and treats at the top to celebrate another new 46er (Alison). The mud and bugs were also a nice touch. Thanks to the group for being there! Participants: Bill Carpenter (leader), Charles Grabitzky, Marianne Comfort, Joseph Murphy, Heather Usher, Alison Darbee.

Owl Head Lookout, Sunday, June 28, Pat Desbiens and Jack Whitney, 8 participants

- Owl Head Look-out is a short hike along the North Trail to Giant — there were eight of us making our way along this very scenic trail with its numerous streams and mini-waterfalls up to the ridge and then the steep but short climb to the large rock outcropping with its nearly 360-degree views of the surrounding peaks, particularly Giant and Rocky Peak Ridge. A leisurely break for lunch and it was back to the trailhead before the forecasted rain could put a damper on our day. A great group, a great day! Participants: Helena Nevarez, Jack Whitney, Stacey Coppey, Ray Bouchard, Aimee Gates, Neal VanDorsten, Bijan Ahmadi, Pat Desbiens.

Rooster Comb and Hedgehog, Wednesday, July 1, Alison Darbee, 4 participants

- The weather cooperated and we had sun all day! We had great views off of Rooster Comb and decided to get some more miles in and did the loop over Hedgehog, paused at a look-out that

overlooked the Ausable Club and continued back to our starting point. We saw lots of great fungus types on this hike and even a deer on the path. Participants: Helena Nevarez, Sherry Kearns, Mary Sager, Alison Darbee.

Thursday Evening Paddle, Thursday, July 2, Maureen Coutant, 3 participants

- Ok ... so it wasn't a sunny evening ... but it wasn't raining ... when we started. But it had been raining so often recently we just had to give it a try. At least Licia and I did. We thought we were going to be the only crazy ones out, but then Jim joined us. We kayaked upstream at the Spier Falls section of the Hudson. We saw a hooded merganser and explored the islands near the launch. The water was higher and moving faster due to all the rain we've gotten. Participants: Maureen Coutant, Licia Mackey, Jim Pertell.

Dix Mountain via Hunters Pass, Sunday, July 5, Bill Morse, 4 participants

- Good weather for this hike. Trails very muddy and wet. Only ran into bugs on the way out. Some interesting scrambling with great views on top. This is a long hike which was made longer by the mud and running water on the trails. For Charles and Bob, it was another peak in their quest for the 46. Participants: Charles Grabitzky, Bob VanBuren, Abbey, Bill Morse.

Pitchoff Mountain Loop, Sunday, July 5, Sandy Yellen, 9 participants

- This trip never seems to disappoint. From the Balanced Rocks (including one crazy person jumping them) and the many views of the High Peaks to the warm sunny day and the chocolate chip cookies. A good time was had by all! Participants: Gary Rodd, Nancy Weber, Rich Myette, Ray Boucher, Sheri Shevy, Ely Fuller, Sharon Groves, Jack Whitney, Sandy Yellen.

Tuesday Morning Hike — Crane Mountain, Tuesday, July 7, Maureen Coutant, 9 participants

- This was our postponed last trip of the season. We probably should have postponed it again ... but there hadn't been a day without at least the chance of rain in two weeks! We risked it and got wet on the way up and didn't spend any time on the top. Luckily it cleared when we got to the pond and we enjoyed some views on the way down. See photos in the gallery. Participants: Maureen Coutant, Liz Gee, Sarah King, Sam Lantz, Kathey McMahon, Mickey Onofrietto, George Sammons, Kathy Taylor, Rudy Tomasik.

Hough Mountain, Saturday, July 11, Lorraine MacKenzie, 9 participants

- We traveled through boot-sucking mud, stream-filled herd paths and squeezed through giant rocks to get to the summit. Amazingly we all had a great, fun time. Views on top were wonderful. Roy and Gary summited their first High Peak. Participants: Sandy Yellen, Chris Brown, Brian Keech, Nancy Burke, Ann Mundy, Roy Hofmann, Gary Wilcox, Jack Guzi, Lorraine MacKenzie.



Canoe Schroon River from Adirondack to Starbuckville Dam, Saturday, July 11, Reg Prouty, 11 participants

- Eleven eager paddlers met at the put-in across from the state boat launch at the outlet of Schroon Lake for an easy, interesting, and enjoyable paddle down the Schroon river to the bridge just above the Starbuckville Dam. We had great weather and kept ahead of the impending storm that did not materialize until late that evening. Many beautiful and rustic camps and summer residences were visible as we made our way south. Wildlife noticed included deer, geese, ducks, turtles, and blue heron. The five-and-a-half-mile trip was accomplished so quickly at an average speed of 2.3 miles per hour that we were done by 11:35. Since there were no suitable spots for a lunch break that were not private land we decided to have a leisurely lunch at the swimming beach near the dam. Jayne and Ray decided to paddle back upriver to the put-in site. Participants: Reg Prouty, John Devine, Ray Boucher, Jim Armstrong, Rich Salz, Miok Salz, Jayne Boudier, Charles "Bud" Bergmann, Harvey Raufman, Patricia Raufman, Terry Peek.

YMG — Pillsbury Mountain — Fire Tower, Sunday, July 12, Jonathan Lane, 5 participants

- This day couldn't have been much better. The bugs behaved, the sky was bright blue with white puffy clouds, and the views from the tower were spectacular. Participants: Laura Golas, Wendy Harder, Kris Karig, Jonathan Lane, Linda Pulver.

Noonmark from Round Pond, Wednesday, July 15, Alison Darbee, 8 participants

- Great group, good photo ops, beautiful day, clear views, relaxed pace, and inspirational perseverance! What more could we ask for when spending a day in the woods? Participants: Terry Barrows, Bill Carpenter, Susan Kuterman, Jonathan Lane, Helena Nevarez, Kendra Pratt, Nancy Weber, Alison Darbee.

Thursday Evening Paddle, Thursday, July 16, Maureen Coutant, 5 participants

- This week we paddled on the Schroon River between Exits 23 and 24. We went against the current and had a nice, easy trip back (we didn't get all the way to Exit 24!) Lots of signs of beavers and we heard a slap, but we didn't see any. It rained in much of the area just before the meeting time, but the weather was fine as we got North of Queensbury. This season you just have to go for it and hope for the best! Participants: Ray Bouchard, John Caffry, Mo Coutant, Andrew Paolano, George Sammons.

Hurricane Mountain, Wednesday, July 22, Alison Darbee, 6 participants

- We headed up the Route 9N trail, and although it was overcast with about "42 seconds" of a view through the clouds at the top, as recorded by Kathy, it turned out to be warm and pleasant on the trail. We had lots of good photo ops and lots of chatter among the group that helped to make it a rather enjoyable day. Participants: Kathleen Bernhard, Liz Gee, Susan Keely, Helena Nevarez, Sandy Yellen, Alison Darbee.

Mount Colden, Saturday, July 25, Lorraine MacKenzie, 5 participants

- The sun shone all day. What a treat! We thoroughly enjoyed our trek jumping from rock to rock and spending time on both bare rock summits. Wayne finally managed to get his first official High Peak. On our way back, we passed by a Ranger setting out on patrol to chase bears away from the Marcy Dam campers. Turns out some of the "Adirondack" bear have managed to find a way to open the bear canisters up faster than the average camper and the campgrounds are their "fast food" stop. Participants: Wayne MacFarran, Gary Wilcox, Ann Mundy, Mike Schaefer, Lorraine MacKenzie.

Black Mountain Hike and Swim, Saturday, July 25, Neal Van Dorsten, 8 participants

- This was a great success. We hiked from Pike Brook trailhead to the summit of Black Mountain and then on to the point on Lake George, where we all took a nice, cool swim. When we arrived there was a group from Hulett's Landing just finishing a breakfast outing attended by more than 200 people who all came by boat. I knew a lot of the folks, so we were able to procure some refreshments, including a little cold draft beer. We then had boat transport back to Hulett's and the trailhead. Participants: James Pertell, Joanne Armstrong, Judy Halstead, Patti Schwankert, Peter Andra'ssy, Mark Janey, Bob Miller, Neal Van Dorsten.

Camp Santanoni and Newcomb Lake, Saturday, July 25, Rich Crammond, 6 participants

- This hike was a mixed outing of seeing moose and bear tracks to hearing the call of the loon and Reg playing his small horn. Just a great day in the Adirondacks. Thanks to my fellow hikers and to Natalie Franz for giving us a tour of the Great Camp Santanoni. Participants: Alison Darbee, Bonnie Whitman, Reg Prouty, Kathy and Peanut Povey, Rich Crammond.

Thursday Evening Paddle, Thursday, July 30, Maureen Coutant, 12 participants

- This week we paddled on the Hudson from just above the beginning of the Feeder Canal in Glens Falls almost to the Northway overpass. We were treated to a perfect evening of water like glass and no threat of rain. We also saw a mink swimming in the Hudson and escorted it back to shore in our attempts to get photos. A great blue heron was also spotted a few times. Participants: Mo Coutant, Ralph DeCristofaro, Kathy Fancher, Andrew Garner, Licia Mackey, Don Pompliano, Alison Saville, Charlotte Smith, Jan Stephens, Kathy Taylor, Amy and John Zanghi.

Nippletop, Saturday, 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.



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

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.





Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
P.O. Box 2314 • Glens Falls, New York 12801
www.adk-gfs.org

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PERMIT #76
SARATOGA SPRINGS, NY
12866

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.

