



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

Jim Morzillo to present 'Soaring!'

In July 1989, Morzillo started flying aircrafts and now holds a commercial pilot certificate for airplanes, including land and sea, and gliders. He also instructs in both airplanes and gliders. Now in his early 60s, aviation has become his principal form of recreation, but being retired, he makes time to fish, hike, snowshoe, canoe, kayak, geocache and hunt.

Morzillo is a retired middle school science teacher and has been a member of ADK off and on for many years, especially in the late 1970s and 1980s. During that time, he spent a great deal of time in the Adirondacks hiking, canoeing, kayaking, camping, fishing and hunting with friends and/or with his wife and children. During the summers in the 1980s, Morzillo's family spent one-and-a-half years' worth of days traveling around the U.S. and Canada in their two Volkswagen Campers; the longest trip being almost 10 weeks long. He visited all the states in which reach by driving, all the provinces of Canada and the Yukon Territory. In the West, he hiked to the bottom of the Grand Canyon twice and on another trip, across the Grand Canyon. He has hiked repeatedly in Yellowstone, Teton, Glacier, Denali and most of the other national parks throughout the country.

Morzillo finds that the same types of folks who enjoy flying in general, and specifically soaring, are the same types of folks who enjoy many of the outdoor activities promoted by ADK.

Program

'SOARING!'
 WHEN: 7 P.M.
 FEBRUARY 2
 WHAT: TALK, SLIDE SHOW
 WITH JIM MORZILLO
 WHERE: SARATOGA
 SPRINGS PUBLIC LIBRARY



Tiger Beetle photograph by Gerard Lemmo.

'Woodland Wonders' a must-see program

Wildlife photographer Gerard Lemmo will present a photo journey of the Northeastern Woodland Habitat on January 21 at Saratoga Springs Public Library. 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!

Program

'WOODLAND WONDERS'
 WHEN: 7 P.M.
 JANUARY 21
 WHAT: TALK, SLIDE SHOW
 WITH GERARD LEMMO
 WHERE:
 SARATOGA SPRINGS
 PUBLIC LIBRARY

Gerard Lemmo is one of the Northeast's most prolific wildlife and travel pho-

tographers 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.

Getaway to the wilderness

BY HEIDI teRIELE KARKOSKI

I took a hike on the last Sunday in November in the Pharaoh Lake Wilderness. Our chapter helps to monitor this 45,000-acre wilderness tract through ADK's Adopt-a-Wildland Program. The area includes 39 bodies of water, 14 lean-tos and about 62 miles of hiking trails to popular destinations like Treadway Mountain, Berry Mill Pond, and its namesakes, Pharaoh Lake and Pharaoh Mountain. I've done quite a bit of exploring here over the years since the southern boundary is located in Ticonderoga where I live.

My latest trip took me along the shore of Putnam Pond to the summit of Treadway Mountain, then past four ponds on a return loop. The woods were awaiting the first snowfall, the trails covered with a brown carpet of leaves from the beech, maple, and birch overhead. The backdrop of grays and browns made the remaining green plants seem bright and cheerful. The trail varied as it passed through different stages of forest succession. Hemlock, spruce and pine gave relief from the naked branches of deciduous trees. Evergreen ferns, trailing arbutus, and mosses from deep green to glowing chartreuse were easily appreciated along the way. I enjoyed the rocky top of the mountain with its huge slabs of rose and white quartz. Along the ponds the varied terrain took me past floating logs sprinkled with pitcher plants and across sturdy



CHAPTER CHAIR Report

*Explore the Pharaoh
Lake Wilderness area
any time of year.*

bridges over numerous brooks.

If you visit here, don't forget your map because the network of trails is extensive, especially in the Putnam Pond area. Anything from a day hike to an extended backpacking trip is possible, along with canoeing or kayaking. The Pharaoh Lake Wilderness is featured in the book "Guide to Adirondack Trails: Eastern Region." A map of the area lists places with names such as, Desolate Swamp, Ragged Mountain, Lost Pond, and Sucker Hole Hill — names that put the "wild" in wilderness. I've been to Sucker Hole Hill and my friend and I agree it is aptly named.

If you haven't visited this area, I encourage you to do so. The trails are a great alternative in spring and fall when alpine trails are especially fragile. It is also a gem to explore on skis or snowshoes. There are plenty of destinations perfect for hiking with children.

Chapter members can help our DEC rangers by reporting on the condition of the trails, lean-tos and privies located in our adopted wilderness. Any concerns or feedback, whether positive or negative, is welcomed by contacting our Wilderness Chairperson, Jim Schneider, whose contact information is found in this newsletter.

I am looking forward to my next visit to these woods after the snow changes the landscape and paints a new picture to marvel upon, while summer sleeps beneath my feet.

Chepontuc Footnotes

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The Hiker's Corner

By Jack Whitney

Several headlamps are a good item to have in your pack. Check your lamp a least once a month. Change your batteries every six months or less, even if you have not used your headlamp in awhile because cold weather makes for a shorter battery life. If you are going to be hiking in cold weather, it is good to keep the head lamp in an inside pocket thirty minutes before you use.

A topographical map, compass and locating your position on a map is a good idea even when hiking in a group.

A great magazine for hikers is "Backpacker," which has many tips, gear reviews and great articles.

Last month we were asked why we carry our water bottles upside down to prevent freezing. Resident scientist Ray Bouchard answers:

WHY STORE YOUR WATER BOTTLE UPSIDE DOWN IN THE WINTER?

One of the challenges of venturing into the great outdoors in the wintertime is having water available as a liquid when you need it. One time-tested strategy for those that use water bottles is to carry the bottle in an upside down position.

There are two reasons for this phenomenon both of which involve the fact that there is air above the water in the bottle and that water has a very high specific heat compared to most other substances, especially gases like air. It sounds pretty technical but simply put it means that if you compare equal volumes (rather than mass) of air and water, water must lose about 31,000 times more heat than air does in order for its temperature to drop by one degree. In other words, if the outside air temperature surrounding your bottle is well below 32 degrees, the warm air in the bottle only has to lose a tiny fraction of the heat that liquid water would in order to reach the same temperature as the outside air. The result is the air in the bottle cools off faster than the water underneath it. Once the air temperature in the bottle goes below 32F the water that is

near it, including splashing up into it, cools off faster than the water lower in the bottle. The large amount of heat stored in the bulk of the water literally slows down the freezing process for the remaining water.

In order to drink the water in the bottle you have to be able to unscrew the "top." If the "top" is right side up then water is constantly splashing on the cold plastic sides of the water bottle, which like air, experiences a large temperature drop with a relatively small heat loss. After awhile, the splashing water begins to freeze where the screw top and the side of the bottle meet, making it difficult to open the bottle. By contrast, if the bottle is upside down, then the screw "top" is protected for a time by all the water above it.

But as you well know, if you venture out when the temperature is bitter cold, let's say -30 degrees, a water bottle, even if it is upside down, will eventually freeze solid if it is kept on the outside of your pack.. The remedy is to fill the bottle with warm or even hot water, then put it inside one or two wool socks to insulate it before you store it upside down in the middle of your pack. It might also be worth mentioning that if there are significant quantities of sugar, think orange juice or minerals (aka-Gatorade) dissolved in your drinking water, the mixture has to cool below 32 degrees before it will freeze. It's the same reason we add antifreeze to the water in the radiator of our car. I can't honestly say I know the freezing temperature of orange juice or Gatorade but it should buy you a little extra time before it turns into a solid mass on one of those bitter cold days this winter while you ponder the meaning of life on top of Mt. Marcy.

Metal water bottles deserve special mention here because they have become increasingly popular after the recent BPA/ Polycarbonate plastic scare. Personally, I don't think it's a good idea to use this type of bottle in the winter. Metals are excellent conductors of heat so the air and the water in a metal bottle will lose heat much faster compared to a plastic bottle. Oh, by the way, when was the last time you kissed a metal lamp post on a bitter cold day? Ooh! That can really smart.

When hiking or snowshoeing it is good to bring a plastic bag for your orange peels, apple cores, plastic wrappings and garbage. Remember, if everybody threw their trash on the summit or along the trail, it would be quite a mess. It you pack it in, pack it out and leave no trace.

Have a great winter season!

EDUCATION CORNER

2010 Candidates for summer camp sponsorships wanted

January 7th is our deadline for applicants for our sponsorships for summer camps. If you haven't already done so, please encourage an applicant! See prior newsletters or go to our website's Education

link for further information.

We are also always looking for committee members and new ideas to reach out to our community's youth.

Any suggestions or questions? Call Linda at 696-7265 or e-mail Iranado@hotmail.com.



New members

GF-S CHAPTER

New members to the GF-S Chapter:

September 2009

- Joanna Albertson, Schuylerville
- Susan Atkins, Hagaman
- Stacie Baxter, Gansevoort
- Sarah Brady, Lake Luzerne
- Janet Britt & John Dojka, Cambridge
- Willard Bruce, Cambridge
- Robert, Ann, Kate & Emma Bulloch, Saratoga Springs
- Diana Canon, Glens Falls
- Rich, Tammy, Brianna & Nicocette Castelanno, Kattskill Bay
- Diane & Thomas Conley, Mechanicville
- Tracey Conway, Watervliet
- Terry Decorah, Gansevoort
- Constance Dunham, McLean, Virginia
- Ashley Flewelling, Argyle
- Richard & Catherine Gale, Queensbury
- Jonathan Gerber, Lake George
- Dan Gorney, Queensbury
- Thomas, Donna, Patrick & Julianne Hamm, Maple Glen, Pennsylvania
- Ed Hawkinson & Peggy Carroll, Houston, Texas
- Natalie Husarik, South Glens Falls
- Roger & Susan Huss, Saratoga Springs
- Susan Keely, Glens Falls
- D. LeBarron, Ballston Spa
- Maggie McCarthy, Hudson Falls
- Robert Meisner, Gansevoort
- Doretta Miller & John Reed, Saratoga Springs
- Derek Mitchell, Warrensburg

- Kailey Mulyca, Ballston Spa
- John, Karen, Emily & Meghan O'Carroll, Diamond Point
- Charles Pickett, Saratoga Springs
- Donald Pierce, Schuylerville
- John & Nan Plantier, Lake Luzerne
- Sherri Rhodes, Wilton
- Doreen & Paul Rockenstyre, Schroon Lake
- Mark Rye, Wilton
- Gary, Denise, Daniel & Daniel Salage, Gansevoort
- Jacob Sherman, Rutland, Vermont
- Larry Simek, Broadalbin
- David, Paula, Kathryn & Matthew Slein, Greenfield Center
- Rebecca Smith, Queensbury
- Francis & Marilyn Stevens, Diamond Point
- Adrienne, Jason, Tiernan, Baylee & Madison Talbot, Glens Falls
- Anne Taylor, Saratoga Springs
- John Turco, Saratoga Springs
- Jonathan Volks, Glens Falls
- Stephan & Carolyn VonSchenk, Diamond Point
- Sarah Zlotnick, Corinth

October 2009

- Michael Adams, Lake George
- Cindy Bishop, Queensbury
- Don, Becky & Ryan Bleibrey, South Glens Falls
- Chester & Sharon Brarey, Salem
- Chuck & Susan Brome, Saratoga Springs
- Leo Butrea, Clifton Park
- Peter, Lori & Cole Carpenter, Queensbury

- Paul Cerone, Saratoga Springs
- James Connors, Boston, Massachusetts
- Rich & Lea Covell, Monticello, New York
- Tedi DeMartino, Gansevoort
- Tom & Diane Denny, Saratoga Springs
- Brian Farenell, Glens Falls
- Mary Fullum, Queensbury
- Thomas, Alane, Michael & Caityn Fuss, Lake Luzerne
- Michael Glindmyer, Schenectady
- Mark, Julie & Hannah Holowact, Ballston Spa
- James Lavoie, Saratoga Springs
- Jennifer Mayack, Schenectady
- Lynn Mayack, Malta
- William Mirabile, Saratoga Springs
- Lynn Monroe, Gansevoort
- Timothy Moriarty, Lake George
- Lynn McNulty, Lake George
- Catherine Murray, Saratoga Springs
- Patrick Nagle, Hagaman
- Lisa Nagle & Bruce Cranston, Saratoga Springs
- Sara Nichols, Hudson Falls
- John Norton, Saratoga Springs
- Robert, Debbie, Melanie & Tristan Philp, Schroon Lake
- Cheryl & Mark Porter, Indian Lake
- Douglas Schelleng, Saratoga Springs
- Michael Seeley, Glens Falls
- Wendy Single, Queensbury
- Nicholas Temeles, Queensbury
- Peter Wood, Chestertown

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.



Artwork by Melissa Symolon

WANTED

This mischievous Adirondack Gnome is wanted in relation to a recent treasure heist in the southern Adirondack region. More details to come in the next newsletter.



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 the month scheduled and alternate between Crandall Public Library and Saratoga Public Library. Future Programs: Jan. 21, February 2. **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: Jan. 6, Feb. 3, March 3. **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: Jan. 13.

January		Outing Type	Destination	Leader/Contact	Rating
1	Fri	Hike/Snowshoe	Buck Mountain	Reg Prouty, Jack Whitney	B
2	Sat	Hike/Snowshoe	Phelps Mountain	Bill Morse	A
3	Sun	Hike/Snowshoe	Wright Peak	Jack Whitney	A
6	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
6	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
9	Sat	Hike/Snowshoe	*YMG* — *Fire Tower* & Grub — Hadley Mountain	Jonathan Lane	B
10	Sun	Hike/Snowshoe	Erebus Bushwhack	Jayne Boudier	A
10	Sun	Hike/Snowshoe	Winter High Peak — Leader's choice	Bill Carpenter	A+
11	Mon	Walk/Ski/Snowshoe	Monthly Geocache Trip	Maureen Coutant, Sarah King	NR
13	Wed	Meeting	Outings Leader Meeting	Jack Whitney	NR
13	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
16	Sat	Hike/Snowshoe	Rocky Peak and Giant Mountain	Ron Lester	A
16	Sat	Hike/Snowshoe	Moreau State Park Snowshoe	Bill Schwarz	B
16	Sat	Snowshoe	Nundagao Ridge	Jayne Boudier	A
17	Sun	Hike/Snowshoe	Beginner Snowshoe Hike — Lost Pond (Putnam Pond Area)	Pat Desbiens	C+
17	Sun	Hike/Snowshoe	Pharaoh Mountain	Bill Morse	B+
20	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
21	Thu	Program	Woodland Wonders Photo Journey, Saratoga Library	Terry Peek	NR
23	Sat	Ski	Lapland Lakes Ski	Sandy Yellen	B
23	Sat	Snowshoe	Stillwater Locks Eagle Watch Snowshoe	Rich Crammond	C
24	Sun	Hike/Ski	Pyramid and Gothics	Steve Mackey	A+
24	Sun	Hike/Snowshoe	Winter High Peak — Colden Mountain	Bill Carpenter	A+
27	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
30	Sat	Hike/Snowshoe	*YMG* — *High Peaks* — Algonquin & Iroquois	Jonathan Lane	A+
30	Sat	Snowshoe	Pilot Knob Bushwhack	Rich Myette	B
31	Sun	Hike/Snowshoe	Phelps Mountain Loop Snowshoe via Klondike Notch	Mike McLean	A
31	Sun	Ski	Leader's Choice Local Ski	Bill Schwarz	B
February					
2	Thu	Program	Soaring!, Saratoga Library	Terry Peek	NR
3	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
3	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
6	Sat	Hike/Snowshoe	Allen Mountain	Dan Monroe, Jack Whitney	A+
6	Sat	Ski	LOJ — Upper Works	Steve Mackey	A+
6	Sat	Snowshoe	Round Mountain Snowshoe	Reg prouty	A
7	Sun	Ski	Prospect Mountain	Pat McCullough	B
7	Sun	Snowshoe	Catamont Bushwhack Adventure	Jayne Boudier	A
10	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
13	Sat	Hike/Snowshoe	Five Mile Mountain Loop	Sandy Yellen	B
13	Sat	Ski	Camp Santanoni Ski	Rich Myette	B
17	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
20	Sat	Snowshoe	Barton High Cliffs	Jayne Boudier	B+
21	Sun	Hike/Snowshoe	Saddleback Mountain	Dan Monroe, Jack Whitney	A+
24	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
27	Sat	Camp/Hike	Winter Camping on Hadley Mountain	Ron Lester	B
27	Sat	Snowshoe	Marcy	Pat McCullough	A+
27	Sat	Snowshoe	Moreau Lake Western Ridge Traverse	Reg Prouty	B
27	Sat	Snowshoe	Sawyer Mountain	Rich Myette	C
28	Sun	Hike/Snowshoe	Treadway Mountain	Bill Morse	B
March					
3	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
3	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
6	Sat	Hike/Snowshoe	Macomb, South Dix, East Dix Mountains	Ron Lester	A+
7	Sun	Snowshoe	Blueberry and Porter	Jayne Boudier	A
7	Sun	Walk/Ski/Snowshoe	Leader's Choice	Sandy Yellen	B
10	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
13	Sat	Hike/Snowshoe	Lower Wolf Jaw from the Ausable Club	Bill Morse	A
13	Sat	Hike/Snowshoe	Gull Pond and Overlook Snowshoe	Reg Prouty	C
14	Sun	Snowshoe	*YMG* — *Fire Towers* — Belfry & Poke-O-Moonshine	Jonathan Lane	B
17	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
21	Sun	Snowshoe	Camel's Hump Bushwhack	Jayne Boudier	A
24	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
31	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR



Outings

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

BUCK MOUNTAIN HIKE/SNOWSHOE

Friday, January 1

Time: 9:15 a.m.

Rating: B

Leader: Reg Prouty — 747-9736

Colead: Jack Whitney — 793-9210 or 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.

PHELPS MOUNTAIN HIKE/SNOWSHOE

Saturday, January 2

Time: 8:00 a.m., Exit 29, Frontier Town parking lot

Rating: A

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

A winter High Peak right after Christmas. Phelps is 4,161 feet, 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.

WRIGHT PEAK HIKE/SNOWSHOE

Sunday, January 3

Time: 7:00 a.m.

Rating: A

Leader: 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 snow shoe. 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

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

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

Saturday, January 9

Time: 9:00 a.m.

Rating: B

Leader: 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 feet. 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

Leader: 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 feet ascent, at a moderate, unrushed pace. Lake George, East Shore.

WINTER HIGH PEAK — LEADERS CHOICE HIKE/ SNOWSHOE

Sunday, January 10

Time: time TBD, Rating: A+

Leader: 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

Leader: 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

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 1/6/10 trip description. E-mail or call Mo for details.



ROCKY PEAK AND GIANT MOUNTAIN HIKE/ SNOWSHOE

Saturday, January 16

Time: 5:45 a.m.

Rating: A

Leader: Ron Lester — 899-4187 or muleskinner46er@hotmail.com

A relatively short but intense hike of 9 miles with 4,500 feet of climbing. Great views, both enroute and on top. It's been a couple of years since I've led a hike, but the same old rules apply. Bring an extra amount of your tasty morsels for me! Those with minimal experience are welcome aboard. Moderate pace, maximum fun. See you there!

MOREAU STATE PARK SNOWSHOE/HIKE

Saturday, January 16

Time: 8:00 a.m.

Rating: B

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

The park has plenty of snowshoeing trails with two ridge routes and lots of connectors. They are not flat so expect plenty of short ups and downs. We'll travel approximately six miles with possible views of the Hudson River below. If snow is lacking, this would be a hike. (It wouldn't be the first time.) Rain cancels.

NUNDAGAO RIDGE SNOWSHOE

Saturday, January 16

Time: 5:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This loop has great views, entertaining terrain, and lots of trail-finding fun in fresh snow. Six miles, 1,500 feet ascent, at a moderate, unhurried pace. Hurricane Mountain Primitive Area.

BEGINNER SNOWSHOE HIKE — LOST POND (PUTNAM POND AREA)

Sunday, January 17

Time: 8:00 a.m.

Rating: C+

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

This is an easy 1.4-mile hike into the beautiful Putnam Pond area. It will be a great opportunity to try out a new pair of snowshoes. Total elevational gain is only about 200 feet, with an easy pace. Please don't wear cotton clothing. There is also an option to walk around the pond which would add an additional 1.25 miles to the trip. This option will be discussed as a group once we get there. After Thursday, January 14, please contact leader by telephone number at 316-1244.

PHARAOH MOUNTAIN HIKE/SNOWSHOE

Sunday, January 17

Time: 8:00 a.m., Crane Pond road parking area in Schroom

Rating: B+

Leader: 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 miles are along the road to Crane Pond and skiing the road and then changing to snowshoes is an option. Bring microspikes if you have them, although I have never had to use them up Pharaoh. There are 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.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, January 20

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 1/6/10 trip description. E-mail or call Mo for details.

LAPLAND LAKES SKI

Saturday, January 23

Time: 9:00 a.m.

Rating: B

Leader: 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., small parking lot between the two Stillwater bridges

Rating: C

Leader: 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!

PYRAMID AND GOTHICS HIKE/SKI

Sunday, January 24

Time: 7:00 a.m.

Rating: A+

Leader: Steve Mackey — 793-6484 or smackey33@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.

Invite your friends to join

ADK



WINTER HIGH PEAK — COLDEN MOUNTAIN HIKE/ SNOWSHOE

Sunday, January 24

Time: TBD

Rating: A+

Leader: Bill Carpenter — 793-5506

We will start from the HPIC and hike to Marcy Dam, up to Lake Arnold and over the bump to Mount 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

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 1/6/10 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+

Leader: Jonathan Lane — 744-4594 or saratogahiker@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 elevational change.

PILOT KNOB BUSHWHACK SNOWSHOE

Saturday, January 30

Time: 7:00 a.m.

Rating: B

Leader: Rich Myette — 745-5037

We'll snowshoe 1.25 miles to Inman Pond on a generally level trail from Sly Pond Road. We'll visit the small waterfall and overlook at Inman Pond, a small, beautiful pond. Then we'll set and follow a compass course up the Northeastern slope of Pilot Knob to the summit. With good visibility we'll look into the High Peaks and also see many of the closer mountains and lakes. Great views of Lake George. Total elevational gain of 1,040 feet with an approximate total of 7 miles, 4.5 trailless. Pace will be moderate. Map and compass instruction will be available.

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

PHELPS MOUNTAIN LOOP SNOWSHOE VIA KLONDIKE NOTCH HIKE

Sunday, January 31

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

Rating: A

Leader: 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 DEC 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.

LEADER'S CHOICE LOCAL SKI

Sunday, January 31

Time: 8:30 a.m.

Rating: B

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

Let's look for touring opportunities if there's local snow, e.g. between Lake George and Saratoga. Routes may be ungroomed, so be prepared to help break trail! You should be at least a novice skier with some ungroomed-trails experience. We'll ski about four hours. Bring snacks and water for the fun. Lack of snow may make this a hike (or cancel).

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, February 3

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

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 email Mo for details.

ALLEN MOUNTAIN HIKE/SNOWSHOE

Saturday, February 6

Time: 5:00 a.m.

Rating: A+

Leader: Dan Monroe — 747-6936 or insearchof@adelphia.net

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

There is a legend that is spoken on cold dark winter nights. It tells a tale that happened a long, long time ago. It is said that it is a restless spirit of a hiker who is lost, wanders the trail and is still trying to find the way out. Join us and be prepared for a long day of 18-19 miles round trip. Make sure to bring a map, compass and headlamps to help the spirit find his/her way out.



LOJ — UPPER WORKS SKI

Saturday, February 6

Time: 6:30 a.m.

Rating: A+

Leader: Steve Mackey — 793-6484 or smackey@localnet.com

We did this trip two or three years ago, and it is a classic. We will do a key exchange and have a car or two at Upper Works and a car or two at the LOJ. One group will ski North across Flowed Lands, Avalanche Pass and Marcy Dam and the other group will ski South. The distance is around 12-14 miles. There are a few difficult down hills but most of the skiing is easy.

ROUND MOUNTAIN SNOWSHOE

Saturday, February 6

Time: 8:00 a.m.

Rating: A

Leader: Reg Prouty — 518-747-9736

New! We will approach this round 3,100-foot mountain from the Ausable Club road by the golf course, ascending 1,820 feet to the summit. There are great views of Giant Mountain with its slides and Chapel Pond below. The return will be via the old Dix trail of 5 miles to the parking area. Pace on snowshoes will be relaxed to moderate, expecting to last all day. We may stop in Schroon Lake for dinner.

PROSPECT MOUNTAIN SKI

Sunday, February 7

Time: 8:00 a.m.

Rating: B

Leader: Pat McCullough — 798-3186 or pmccul@gmail.com

I am scheduling my annual ski up the access road to Prospect Mountain before the Super Bowl. Burn off a few calories before you pig out watching the game. We use the groomed trail that the snowmobilers use. Great views on a nice day.

CATAMONT BUSHWHACK ADVENTURE SNOWSHOE

Sunday, February 7

Time: 6:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This sprawling, trailless mountain lives in Hague, near Jabe Pond. Barbara McMartin says it has great views! Approximately 7 miles of bushwhacking, 1,300 feet ascent, at a moderate, unhurried pace. From the Deer Leap trailhead on 9N.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, February 10

Time: 9:15 p.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.

FIVE MILE MOUNTAIN LOOP HIKE/SNOWSHOE

Saturday, February 13

Time: 8:30 a.m.

Rating: B

Leader: Sandy Yellen — 584-2763

After spotting cars at Clay Meadows we'll start at the North end. Nice views of Lake George, and if it's a clear day, of the High Peaks. About 7.2 miles and 1,191 feet of elevation. Then it's a nice downhill. Great on snowshoes. Call leader for details and to sign up.

CAMP SANTANONI SKI

Saturday, February 13

Time: 8:00 a.m.

Rating: B

Leader: Rich Myette — 745-5037

Ski to Newcomb Lake in the Santanoni Preserve and visit Camp Santanoni, a former Great Camp of Robert Pruyn of Finch, Pruyn & Co. Generally one of the main buildings is open for viewing as are the sweeping verandas. Ten miles round trip. This splendid forest is one of tall and open hardwoods and Hemlocks. The terrain is that of rolling hills. Easy climbs and gentle glides. One short but quick glide. This is a beautiful and very pleasant ski.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, February 17

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.

BARTON HIGH CLIFFS SNOWSHOE

Saturday, February 20

Time: 6:30 a.m.

Rating: B+

Leader: Jayne Boudier — 793-3770

These spectacular "little-known cliffs that range for 1/4 mile along an unnamed mountain" were called Barton High Cliffs by Barbara McMartin. They live in Hague, northeast of Brant Lake. Approximately four miles of (comparatively) easy bushwhacking, and 700 feet of ascent, at a moderate, unhurried pace.

SADDLEBACK MOUNTAIN HIKE/SNOWSHOE

Sunday, February 21

Time: 6:00 a.m.

Rating: A+

Leader: Dan Monroe — 747-6936 or insearchof@adelphia.net

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

We will start from the Garden, hike 3.5 miles into Johns Brook Lodge and from there another 3.6 miles via the Orebed Brook Trail to the summit of Saddleback. Full winter gear will be required. Total ascent from Johns Brook is about 2,200 feet. Call leaders for further details.



MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, February 24

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.

WINTER CAMPING ON HADLEY MOUNTAIN

Saturday, February 27

Time: 2:30 p.m.

Rating: B

Leader: Ron Lester — 899-4187 or muleskinner46er@hotmail.com

We will hike to the top of Hadley (2 miles/1,500 feet ascent) and set up tents before dark. After a scrumptious camp dinner, we can take advantage of the full moon, and ramble over to Roundtop and have a look around. The round trip (are you dizzy yet?) will be about one hour. Roundtop is a seldom visited sister peak, about one mile from Hadley. It has an open summit with good views. I have extra tent space for three people, two available sleeping bags and stoves. No winter camping experience necessary. Two years ago when I led a similar trip, the “greenhorns” had a blast and wanted to know when the next trip would be! Here it is! Come along for the fun of it.

MARCY SNOWSHOE

Saturday, February 27

Time: 6:30 a.m.

Rating: A+

Leader: Pat McCullough — 798-3186 or pmccul@gmail.com

A very long trip.

MOREAU LAKE WESTERN RIDGE TRAVERSE SNOWSHOE

Saturday, February 27

Time: 8:00 a.m.

Rating: B

Leader: Reg Prouty — 518-747-9736

New! This snowshoe trip of about 5 miles will involve a climb up to the Western Ridge from the old hotel location on Spier Falls Road. We will spot a few cars at the spring farther West and have lunch above the Spier Falls Dam. There is a few hundred feet of elevational gain at the beginning and then rolling terrain as we follow the ride West. Good views of the meandering Hudson River are visible often in the middle of the snowshoe during winter when the leaves are off the trees.

SAWYER MOUNTAIN SNOWSHOE

Saturday, February 27

Time: 9:00 a.m.

Rating: C

Leader: Rich Myette — 745-5037

Nice views are to be had from this small mountain just North of Indian Lake. We'll park at a DEC parking area on NY 28 and follow the well-marked yellow trail. After 800 feet of vertical rise in 1.1 mile of gradual ascent, we'll reach the summit in approximately one-and-a-half hours of a moderate to slow pace. From the summit we'll be able to see the Wakely and Blue Mountain fire towers. With good visibility we'll be able to see the High Peaks of Marcy, Algonquin and Colden. We'll look into the Blue Ridge Wilderness area and trace the path of the 120-mile long Northville-Placid Trail as it climbs out of Cedar River and wanders past Stephens Pond, Cascade Pond and moves on past Blue Mountain.

TREADWAY MOUNTAIN HIKE/SNOWSHOE

Sunday, February 28

Time: 8:30 a.m., Putnam Pond campground

Rating: B

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

With good views of the Pharaoh Wilderness area this is a nice snowshoe of 6-8 miles. We will decide from the parking lot whether to do the 8-mile route or cut across Putnam Pond which makes the hike 6+ miles. Snowshoes should suffice, but if you have stabilizers or Microspikes bring them along. Bring snacks for the trip.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 3

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.

MACOMB, SOUTH DIX, EAST DIX MOUNTAINS HIKE/ SNOWSHOE

Saturday, March 6

Time: 5:30 a.m.

Rating: A+

Leader: Ron Lester — 899-4187 or muleskinner46er@hotmail.com

A fairly long day of 15 or so miles, with sweet views from all three peaks. If conditions allow, we might scoot over to Hough on the return route (Bribe me! Cookies and beer have worked in the past.) Let's hope for broken out trails, if not bring ear plugs so you don't have to listen to me cry and whine! Moderate pace. Enthusiasm trumps experience, so come on along.



BLUEBERRY AND PORTER SNOWSHOE

Sunday, March 7

Time: 5:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This longer approach to Porter includes its scenic ridge. Both have great views and Blueberry has a large balancing rock. We'll do 9 miles, 3,300 feet ascent and an early start to allow for as relaxed a pace as possible. We may spot a car at the Garden for the return trip.

LEADER'S CHOICE WALK/SKI/SNOWSHOE

Sunday, March 7

Time: time TBD, Rating: B

Leader: Sandy Yellen — 584-2763

I would like this to be a ski but a snowshoe will do. If the Snow Gods aren't working it will be a hike. We'll try and go to where the snow is good. Call leader for details and to sign up.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 10

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.

LOWER WOLF JAW FROM THE AUSABLE CLUB HIKE/ SNOWSHOE

Saturday, March 13, Exit 29, Frontier Town parking lot

Time: 8:00 a.m.

Rating: A

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

We will meet at Exit 29, Frontier Town, at 8 a.m. and proceed to the Ausable Club. We will start on the West River Trail and then take the Wedge Brook Trail to the summit. Round trip is 9.6 miles and elevational gain is 2,825 feet. Bring winter gear and plenty of food for energy.

GULL POND AND OVERLOOK SNOWSHOE/HIKE

Saturday, March 13

Time: 9:00 a.m.

Rating: C

Leader: Reg Prouty — 518-747-9736

New! We will hike or snowshoe in the short distance to Gull Pond near the East side of Schroon Lake. Then we will work our way around the East side of the pond and bushwack up a short distance to a nice overlook above the pond from which the High Peaks are visible. If some of the group elects, we may want to add either Spectacle Pond afterward or Severance Hill. Either of these would add another 2-4 miles to the outing but will be optional. Round trip for Gull Pond Overlook only is about 1.5 miles.

***YMG* — *FIRE TOWERS* — BELFRY & POKE-O-MOONSHINE SNOWSHOE**

Sunday, March 14

Time: 7:30 a.m.

Rating: B

Leader: Jonathan Lane — 744-4594 or saratoghiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to everyone. Belfry is a very short hike at only 0.6 miles round trip. This will be a nice warm-up for Poke-O-Moonshine, which is 2.4 miles round trip, but with some steep sections in the first half. Both of these peaks have Fire Towers!

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 17

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.

CAMEL'S HUMP BUSHWHACK SNOWSHOE

Sunday, March 21

Time: 6:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

Camel's Hump's rock dome and land bridge to Niagra are outstanding features in this beautiful area. Hike is 9 miles (4 trailless) with 2,000 feet ascent, at a moderate, un rushed pace. Dix Mountain Wilderness.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 24

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 31

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 2/3/10 trip description. E-mail or call Mo for details.



Jay Range, October 4, 2009, Dan Monroe and Jack Whitney, 14 participants

- Even though the weather forecast threatened rain, it only sprinkled once and the day turned out to be nice, but a little windy. It was a large group with varied paces. There were only a few of us who reached the true summit since the majority went ahead but didn't find it. A few of us took time to take pictures and returned at a leisurely pace while others returned to their transportation. Participants: George Baranauskis, Julia Gibbons, Ellen Picotte, Emil Klymkow, Bonnie Whitman, Dan and Joanna Monroe, Sandy Yellen, Emily and Margaret Litwin, Seth Dunn, Cary Engle, Jack Whitney and Bill Carpenter.

13th Lake to Hour Pond, October 4, 2009, Bill Schwarz, 6 participants

- Scouting of the Hour Pond trail revealed heavy flooding at the beaver dam, making it impassable without waders. So we skipped that part, and contented ourselves with a walk along the new red-blazed trail as far as the Puffer Pond trail intersection, where we had lunch. We then retraced our steps to the 13th Lake trailhead, after a few stops to check out the kayakers and take in the soon-to-peak foliage along the lake. Participants: Christine Bourgeois, Carol Conolly, Mike Glindmyer, Lynn Mayack, Bill Schwarz, John Susko.

Evening Paddle, October 8, 2009, Maureen Coutant, 9 participants

- What a great evening. We had a short paddle around Glen Lake in the little bit of daylight we had left. Then we headed to the Mackey's camp for a potluck dinner with the main meal provided by Licia and Steve. Steve's new grill seems to work fine and everyone left stuffed! Great trip, great company and this time great eats! Anyone else who wants to test out their grills ... just let me know! Participants: Maureen Coutant, Paul D., Licia and Steve Mackey, Kathy McMahon, Joy Muller-McCoola, Andrew and Anne Paolano, Bob Powell (w/Jim and Gen for dinner).

Hurricane Mountain, October 10, 2009, Rich Myette, 6 participants

- We headed up the North Trail to Hurricane Mountain from the Big Crow Parking area to cloudy and breezy weather. The trail was wet from early morning rain. Near the summit the wind picked up and the summit was occluded with clouds. As we were finishing our lunch a very cold and strong wind accosted us and then a steady, cold snow commenced. A drizzle accompanied us part of the way down and by the time we reached our cars the sun was bright and the sky clear. All the way home we viewed beautiful autumnal leaves. Participants: Ray Bouchard, Jeff Sullivan, Seth Dunn, Bijan Ahmadi, Ellen DuBois, Rich Myette.

Hanging Spear Falls, October 10, 2009, Rich Crammond, 3 participants

- This hike started out wet so we had to take it slower on the trail. The real disappointment was not being able to cross the dam at Flowed Lands because of the high water. The sleet and rain also made for a very cold day. The high point was when Erica saw Flowed Lands for the first time. It cleared up in the afternoon

and the views were great. Thanks to the rugged ladies for hiking along on this wet and rocky trail. Participants: Jayne Boudier, Erica Halbrook, Rich Crammond.

Dial Mountain, October 17, 2009, Lorraine MacKenzie, 5 participants

- We started out in below freezing temperatures. Most of the leaves were still on the trees. Winter came sooner than even they anticipated. As the elevation increased, so did the amount of snow and ice. We made it to Bear Den and turned around. It was a great day in the woods. Dial is still there for us to climb. Participants: Joan Hoover, Joe Paszko, Seth Dunn, Gary Wilcox, Lorraine MacKenzie

Shelving Brook Waterfall and Lakeside Walk, October 17, 2009, John Devine, 8 participants

- Another great trip on a beautiful fall day. This was a nice walk along the east side of Lake George with a visit to Shelving Brook waterfall. Participants: John Devine, Mickey Onofrietto, Suzanne Pierce, Chris Bourgeois, Pam Fetzho, Ginnie Carluccio, Erica Halbrook, Wayne MacFarran.

Sleeping Beauty, October 18, 2009, Dan Monroe, 10 participants

- Even though the weather forecast had been for rain for the weekend, it turned out to be a nice day. We had plenty of time for photographs, and it was a great group. We drove into Dacy Clearing and hiked to the top of Sleeping Beauty. We took time to snack and take photographs, then went down to Bumps Pond for another stop and then over to Fishbrook Pond lean-to. We spent time there before we started out for our last leg of the hike. Participants: Shelly Burke, Alison Darbee, Dan and Joanna Monroe, Jack Whitney, Patti Schwankert, Sandy Yellen, Bob and Lana Christiansen, Bill Carpenter.

Evening Paddle, October 22, 2009, Maureen Coutant, 7 participants

- Our last trip of the season was on Brant Lake. This was a first for us and it didn't disappoint. The lake was remarkably calm, so we paddled out and around the island with the house on it. Then the wind started to pick up so we headed back and into the wetlands. It was calmer in there but we could tell a storm was brewing, so we headed out before making it all the way to the end of the wetland area. Another great trip out. See you in the Spring! Participants: Joanne Armstrong, Mo Coutant, Licia Mackey, Andrew Paolano, Suzanne Pierce, Gary Rodd, Barb Smith.

Vanderwhacker Mountain, October 25, 2009, Rich Myette, 7 participants

- The access road from the junction of the Boreas River and Route 28N was two miles of a bumpy, rocky and wet way. The leaves were still beautiful and the sky was clear. Nice 360-degree view from the fire tower with great sights of the High Peaks, with the summits obscured in cloud cover. Participants: Bill Carpenter, Eileen Scheirer, Erica Halbrook, Rich Vincigerra, Karen Mckenny, Peggy Kennedy, Rich Myette.



Buck Mountain, October 25, 2009, Dan Monroe, 20 participants

- After such a rainy day on Saturday, you couldn't have asked for a better day on Sunday. The sun was shining on Lake George, the islands, and the mountains to the west and the air had been cleaned by the rain the previous day. A great, pleasant group to hike with and to enjoy the fall colors. We took plenty of time to reach the top and plenty of time for photographs and conversation. Thanks for an enjoyable day. Participants: Ray Bouchard, Shelly Burke, Margie Litwin, Joanne Walczak, Dave Bunn, Bill Lendal, John Synakowski, Jill Gruben, Adam Rubinstein, Michael Rubinstein, Deb Eichelberger, Joanne Killian, Anne Franzese, Therese Bosse, Jack Whitney, John Whitney, Kathy Quoi, Dan Wait, Dan and Joanna Monroe.

Cat and Thomas Mountain, November 1, 2009, Jack Whitney, 19 participants

- A good fall day. Rain was expected, but it held off. Most of the color was gone except for the Oaks which had some oranges. We climbed Cat Mountain first and were treated to some great views. It was a little chilly on top but our group had the extra layers to put on. After hydrating and eating, it was off to Thomas Mountain. Some ups and downs to the overlook and then to the cabin on Thomas Mountain where we took a long lunch and finally down to our cars. A special thanks to Carolyn Cyr for her leadership skills on this hike. Participants: Erica Halbrook, Shelly Burke, Damian Darius, John Synakowski, Bruce Cushing, Pam Fetcho, Chris Bourgeois, Mark Janey, Ray Bouchard, Amy Cherkosly, Neil Cherkosly, Margie Litwin, Laura Fiske, Julie Gibbons, Alison Darbee, Susan Keely, Bill Carpenter, Carolyn Cyr, Jack Whitney.

Mo-Rodd Midweek Adventures, November 4, 2009, Maureen Coutant and Gary Rodd, 10 participants

- This was the first walk of the delayed midweek walk season and the weather couldn't have been better. We had a nice stroll through Cole's Woods and some of us took an extended walk after doing the loop. It was great to see everyone again and we're looking forward to many more "adventures!" Participants: Cindy Bishop, Virginia Carluccio, Maureen Coutant, Margaret Curtis, Doris Ludewig, Licia Mackey, Gwenne Rippon, Gary Rodd, George Sammons, Bill Schwarz.

YMG — Pyramid Peak, November 7, 2009, Jonathan Lane, 4 participants

- We didn't quite make the summit due to an icy trail slowing our pace and a desire to be back on the dirt road by sunset. But, we had a great time! Rainbow Falls was beautiful and we were able to enjoy some nice views from near the summit. Laughs were had by all with good company. Participants: Joe Bode, Cary Engle, Jonathan Lane, Marsha Noble.

Leader's Choice TBD, November 7, 2009, Reg Prouty, 7 participants

- We chose to do only Noonmark as we ran into quite a bit of ice on the steep ascent. It was a cloudy but very pleasant day. On the summit at lunch time the full sun came out for unlimited views in

all directions. Snow was visible on the higher peaks. Some of the group elected to leave the summit ahead of the rest and missed my mini-concert on my pocket trumpet featuring Thansgiving and patriotic music and a tribute to Grace Hudowalski of the "Amazing Grace" which I performed for her once on her porch at The Boulders. We returned via the old Dix trail saving Round Mountain for another time, possibly a mid- or late-winter snowshoe trip. Participants: Reg Prouty, Rob Furlong, Ray Boucher, Bijohn Ahmadi, Carolyn Cyr, Liz Rovers, Gary Rodd.

Pilot Knob, November 8, 2009, Jack Whitney, 24 participants

- A nice sunny blue sky day greeted us as we hiked from the Buck Mountain trailhead. We took short breaks at each of the three overlooks to enjoy the great views. Finally, we reached the summit before the true summit. It was onward to the true summit where we tried to locate the plane crash from 1969 to no avail. Time to head home since darkness would soon be upon us. Participants: Bruce Cushing, Arthur Ostrov, John Synakowski, Dan and Joanna Monroe, Bijan Ahmadi, Charles Bud Bergmann, Terry Peek, Stephan Millington, Rich Myette, Ray Bouchard, Sandy Yellen, Neil, Alison and Amy Cherkosly, Bill Carpenter, Therese Bosse, Erica Halbrook, Aaron and Liz Gee, Mark Janey, Janet Sedack, Steve Quillman, Jack Whitney.

Mo-Rodd Midweek Adventure, November 11, 2009, Maureen Coutant and Gary Rodd, 18 participants

- We were treated to a sunny sky and pleasant temps to hike in Moreau State Park. The Veteran's Day holiday brought out 18 eager participants! We hiked nearly 4.5 miles using parts of the red and blue trails. Participants: Cindy Bishop, Virginia Carluccio, Rene Clark, Margaret Curtis, Joan Ferguson, Eli Fuller, Liz Gee, Licia Mackey, Mary Ann Moran, Gary Rodd, Christine Root, Kathy Ryan, George and Irene Sammons, Bill Schwartz, Sandi Sullivan, Rudy Tomasik, Joanne Walczak.

Wallface Mountain Bushwhack, November 15, 2009, Jayne Boudier, 5 participants

- This was a beautiful, warm day of lingering and taking lots of pictures. An earlier start would have saved us hours later. We spent only a brief half-hour on Wallface's summit before pacing the descending dusk back down to the trail. We almost made it, then we had to carefully bushwhack around cliffs near the bottom in the dark to get back to the slippery Indian Pass trail. By not hurrying, we made it out after dark in one piece. The stars were as big as planets. Thanks to a tough, cheerful group! Participants: Kathy Quoi and Dave (to Scotts Clearing), Jayne Boudier, Marcia Hanson, Lorraine Plauth.

Pharoah Mountain, November 15, 2009, Sandy Yellen, 17 participants

- There was a lot of excitement on this hike! Just driving to the parking area meant going through big puddles. Only two vehicles made it through the "pond" but not without getting wet inside. By the time we reached the summit the clouds lifted enough to get a view to enjoy a leisurly lunch. Everyone had an enjoyable time. Participants: Alison Darby, Jim Stine, Jane Stine, Liz Gee, Jay Fitzgerald, Ray Bouchard, Dan Monroe, Lana Christiansen, Susan



Trip reviews

Keely, Arthur Ostrov, John Synakowski, Bill Leitch, Dave Bunn, Therese Bosse, Cynthia Finnegan, Bijan Ahmadi, Sandy Yellen.

Deer Leap, Lake George, November 15, 2009, Pat Desbiens, 7 participants

- The day before this hike was a total washout thanks to the effects of Hurricane Ida. But by Sunday morning, the clouds were already clearing out, the sun peeking through and the temperatures in the low 50s — a perfect day to take a short hike to Deer Leap and enjoy beautiful Lake George without all the boat traffic. Decked out in orange, red and other bright colors, seven of us took a leisurely pace, stopping at all the scenic spots now that the foliage was gone. Then we enjoyed our lunch and each others' company, admiring the beautiful views at Deer Leap. Thanks to Jack also for the mini-education on the trees and leaves, as it was most appreciated and enjoyed by all. Participants: Deborah Clynes, Erica Halbrook, Jane Kana, Jane O'Connell, Bonnie Powers, Jack Whitney, Pat Desbiens.

Mo-Rodd Midweek Adventure, November 18, 2009, Maureen Coutant and Gary Rodd, 12 participants

- We did our usual spring water taste test while walking through Saratoga State Park. This year Fran gave Gary a challenge. She was willing to taste even the nastiest smelling waters like he does! I think it encouraged more of us to give them a try! Participants: Fran Balch, Ginnie Carluccio, Maureen Coutant, Ely Fuller, Joe and Virginia Kelterborn, Penny and Ray LoPresti, Licia Mackey, Gary Rodd, George and Irene Sammons.

French Mountain, November 21, 2009, Reg Prouty, 16 participants

- A large group of 16 hikers enjoyed an unusually warm beautiful morning on the Western edge of French Mountain on a recently marked private trail upon which we obtained permission to hike and check trail conditions for the landowner. We only found a few pieces of litter and a little broken glass on or near the overlook. Otherwise, the trail was in excellent shape and the summit is recovering nicely from the forest fire several years ago that burned for more than a week. The summit was enjoyed for almost an hour before the easy and quick return to the bike trail and parking lot of the Million Dollar Half Mile where Terry and others were eager to do a little Christmas shopping. Participants: Reg Prouty, Rob Furlong, Henry Frueh, James Joyce, Carol Conolly, Mickey Onofrietto, Terry Peek, Bud Bergmann, Leland Loose, Ginnie Carluccio, Dave Bunn, Theresa Gomez, Ann Mundy, Alan Gee, Liz Gee, Anne Franzese.

Cliff Mountain from Upper Works, November 22, 2009, Mike McLean, 7 participants

- Seven souls ventured into the woods from Upper Works in hopes of climbing Cliff. Mud, deep mud, and even deeper mud slowed down our progress. Three turned around at Uphill Brook Leanto, while five folks persisted in the mud and made it to the top, where the sun finally shone on us and the views were excellent. Way back was just as slow and even slower once darkness fell at

the Flowed Lands. Congrats to Margaret O'Keefe for completing her 46th High Peak on this day and many thanks to Peter Abreu for lending a head lamp and accompanying us in the dark for the last two hours. It was quite an adventure. Participants: Glenn Watson, Eberhard Burkowski, Brian Baston, Margaret O'Keefe, Katie Phaglia, Sharon McClelland, Cindy McLean, Mike McLean.

Mo-Rodd Midweek Adventure, November 25, 2009, Maureen Coutant and Gary Rodd, 7 participants

- We were walking along the Betar walkway in South Glens Falls and what do we see up in a tree by the river? A squirrel. O.K., not just your ordinary squirrel ... an all white one! An albino squirrel and not a camera anywhere to be found. Later on we were treated to some woodpeckers up close too. But come on ... an albino squirrel! Participants: Cindy Bishop, Ginnie Carluccio, Maureen Coutant, Mike George, Joe and Virginia Kelterborn, and Larry Simek

Turkey Trot #11 — Saratoga Battlefield, November 26, 2009, Rich Crammond, 18 participants

- The weather was warm and the rain was gone. So we were off to a good start. Along the trail we saw some deer including a fine buck with large antlers. Very impressive! One of the reasons that I like to hike in this park is to be a part of nature as much as I can and to be with others who enjoy the same thing. It's very rewarding. Thanks to a rugged group and some old standbys that return year after year. Great to see you all! Participants: Herb Phillips, Nancy Webert, Tracy Frisch, W.R. Woodard, Ranay Peck, Ine Jacobs, Therese Bosse, Rich Speidel, Molly Bederian, Kim Wood, Bill Woodard, Nina Qua, Ray Bouchard, Joe Bederian, Steve Bederian, Bill Schwarz, Sandy Yellen, and Rich Crammond.

Moreau Lake State Park, November 27, 2009, John Devine, 5 participants

- The weather forecast was for rain, rain and more rain. Five members gathered at Moreau Lake State Park and enjoyed a nice walk around the lake and Mud Pond. It did not rain. Another great trip. Participants: John Devine, Rich Crammond, Wayne MacFarran, Fran Balch, and Larry Simek.

Chapter rents snowshoes

Snowshoes are at ADK Member Services in Lake George. Call 668-4447 for reservations and hours.

Chapter Members:

Iversons: \$7.00 per weekend; \$5.00 per weekday
Sherpas: \$15.00 per weekend; \$10.00 per weekday

Non-Members:

Iversons: \$10.00 per weekend; \$7.00 per weekday
Sherpas: \$20.00 per weekend; \$12.00 per weekday



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.





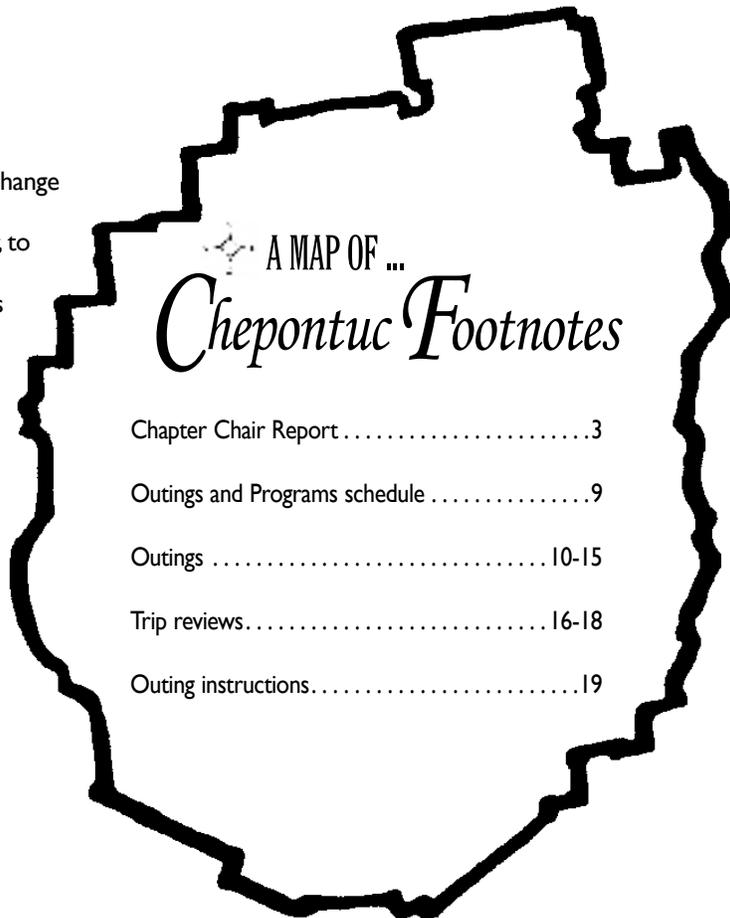
Chepontuc Footnotes

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

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U.S. POSTAGE
PAID
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.



A MAP OF ...
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