



Chepontuc Footnotes

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

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

KICK UP YOUR BOOTS AT A Black Fly Affair!

ADK'S annual Black Fly Affair is buzzing around the corner! Make your reservation today!

The event will take place on Friday, May 21, 2010, at 7:30 p.m. in the White Lion Ballroom of the Fort William Henry Hotel, overlooking Lake George.

- Silent & Live Auctions
- Libations and Delectable Edibles
- Dancing All Night Long to the music of "Standing Room Only"

Black tie optional; Hiking Boots Mandatory
\$45 per person in advance (\$55 at the door)

This year the honorary chairs are Peter and Ann Hornbeck, proprietors of Hornbeck boats, located in Olmstedville, New York. Hornbeck boats are makers of Adirondack boats for over 35 years! Standing Room Only, a band located in the Lake George area, has a repertoire that includes swing, jazz standards, disco, and music from the 1980s to current hits.

Auction items include arts, quilts, pillows, chapter baskets, lodging and dining, outdoor gear and weekend getaways!

Gregory McKnight will MC the evening with auctioneering provided by Acorn Estates & Appraisals (Jim and Danielle Carter). Wine and Ale sponsors are Adirondack Winery and Cooperstown Brewing Company.

Artist Jeanne Benas will make the evening even more memorable by drawing your caricature to take home!

RSVP today at www.adk.org



Make a bucket list

BY HEIDI teRIELE KARKOSKI

Spring has arrived and the snow on the mountaintops is slipping away. I have put away my snowshoes and am ready for the adventures that warmer weather will bring. I decided in January to make a bucket list of places I wanted to visit this year.

Snowy Mountain was one of these places. My winter hike to Snowy was just as beautiful as advertised. My list contains waterfalls, remote ponds, a trailless peak and a backpacking trip. When I can check it off, it will be my first ever backpack camping trip.

It's no secret that the wilderness of the Northeast contains enough adventures to last a lifetime. ADK helps people connect with these opportunities. If you are looking for something different, just check out the list of outings on the following pages. Spring and early summer are the perfect times to explore beyond the High Peaks. Combine hiking with helping by signing up for the trail maintenance workday in late April. Your chapter is also looking for members to do trail work on a section of the Northville-Placid



CHAPTER CHAIR Report

*Combine hiking
with helping by
volunteering to help
with trail maintenance.*

trail near Long Lake. This is a program that needs your assistance in order to continue. Contact Tom Ellis for more information. Additional trail work is planned at Moreau State Park on April 17 conducted by NYS Office of Parks and on National Trails Day regionally June 5.

Don't forget to make reservations for ADK's annual fundraiser, the Black Fly Affair, Friday, May 22, at the Fort William Henry Hotel.

Get together with new and old friends for a night to remember. And yes, people really do wear their hiking boots (and crusher hats, and fly-fishing vests ...), so join in the fun! Also in Lake George, there's the annual ADK Headquarters workday May 15 to spruce up inside and outside to prepare for the busy season ahead.

Why not make your own bucket list from the list of programs, outings and special events from our spring and early summer calendar? With choices like geocache hunts, bird walks, map and compass instruction, whitewater rafting and canoe camping, I think I may have to expand my own bucket list. See you out there!

Chepontuc Footnotes

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

EXECUTIVE COMMITTEE

Officers:

Chair Heidi teRiele Karkoski

25 Black Point Road, Ticonderoga, NY 12883
Phone: 585-7206 • E-mail: eveweallski@yahoo.com

First Vice Chair Maureen Coutant

22 Pinion Pine Lane, Queensbury, NY 12804
Phone: 745-7834 • E-mail: mojim@roadrunner.com

Second Vice Chair Tricia Lockwood

91 Bardin Road, Hudson Falls, NY 12839
Phone: 275-6054 • E-mail: patricia.lockwood@firstpioneer.com

Secretary John Caffry

25 Wing St., Glens Falls, NY 12801
Phone: 798-0624 • E-mail: jcaffry@caffrylawoffice.com

Treasurer John Schneider

6 Nonchalant Dr., Saratoga Springs, NY 12866
Phone: 584-8527 • E-mail: jschnei7@nycap.rr.com

Directors

John Schneider

See Treasurer contact information above

Laura Fiske

16 Barber St., Ballston Spa, NY 12020
Phone: 884-0345 • E-mail: lheacox@nycap.rr.com

Linda Ranado

See Education Chair contact information below

Past Chapter Chair Jean Holcomb

30 Schuyler Drive, Saratoga Springs, NY 12866
Phone: 583-0658 • E-mail: jholcomb5@nycap.rr.com

Committee Chairs:

Annual Dinner Susan Hamlin

Box 823, Saratoga Springs, NY 12866
Phone: 587-5456

Conservation Jacki Bave

14 Round Table Rd., Saratoga Springs, NY 12866
Phone: 587-3754 • E-mail: jackibave@gmail.com

Education Linda Ranado

18 Pine Ridge Road, Hadley, NY 12835
E-mail: lranado@hotmail.com

Hospitality Gretchen Steen

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: hola@hughes.net

Membership Pat Desbiens

16A Rovanten Park, Ballston Lake, NY 12019
Phone: 899-9688 • E-mail: pdesbien@nycap.rr.com

Newsletter/Editor Jill Gruben

4 Nostalgia Lane, Ballston Spa, NY 12020
Phone: 309-4198 • E-mail: jalicag2001@yahoo.com

Outings Jack Whitney

Phone: 793-9210 • E-mail: jack1758@roadrunner.com

Program Terry Peek

11C Robanten Park, Ballston Spa, NY 12019
Phone: 899-1129 • E-mail: t.p.444@live.com

Publicity Ryan Simko

60 Castleberry Drive, Gansevoort, NY 12831
Phone: (219) 775-3336 • E-mail: rmsimko@gmail.com

Trails Tom Ellis

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: hola@hughes.net

Web site George Sammons

105 Farr Lane, Queensbury, NY 12804
Phone: 743-9692 • E-mail: adk-gfs-webmaster@roadrunner.com

Wilderness Jim Schneider

30 Elizabeth Lane, Saratoga Springs, NY 12866
Phone: 581-9367

Young Members Group Jonathan Lane

547 Middle Line Road, Ballston Spa, NY 12020
Phone: 744-4594 • E-mail: saratogahiker@infogorp.com

The Hiker's CORNER

By Jack Whitney

After the publication of our last newsletter we received the following e-mail from a member, Tom, expressing confusion regarding our statement of the time of mud season and encouraging hikers to avoid certain fragile areas even though hikes are being scheduled during those times.

Tom's inquiry: Hi Jack, Just received our latest newsletter and perhaps you can help me understand. After the article about avoiding the High Peaks during the spring mud season we announce a hike up Phelps Mountain during this time. Is staying off the trails really such an important thing or is the voluntary closure just a nice idea for others? Thanks, Tom

My response: Hi Tom. Thank you for your e-mail regarding hiking in the High Peaks during mud season. The Glens Falls/Saratoga Chapter tries not to schedule hikes in the more sensitive areas of the High Peaks from mid-April through Memorial Day. There are differing opinions as to adhering to various time frames. As a Chapter, we try to be sensitive to the yearly variations in the conditions, for example, if we have had a heavy

snow winter with a longer period of snow melt, we will try to re-schedule a hike to the High Peaks to a different area where our impact will be lesser. I have a hike scheduled to Phelps on 5/30; however, if the conditions warrant, it will be changed to a different peak or postponed to a later date.

We also try to be sensitive to the economic impact on use or non-use of the High Peaks area. There are residents within the Blue Line who are dependent on tourism and use of the area for their livelihood. Admittedly, there is a delicate balance that comes into play here.

Regarding the article on mud season in the *Chepontuc*, please note that it discussed "voluntary trail closures" and that the time frame "typically runs from May through early to mid-June." There are no hard and fast rules. That said, our chapter is working with the DEC and ADK headquarters to design one standard rule regarding a time frame for mud season; however, this is proving rather difficult given the variable conditions.

Thanks again for your e-mail — we always appreciate input from our membership.



Artwork by Melissa Symolon

Join in the first treasure hunt

Have you joined the Hunt? As mentioned in the previous newsletter, a mischievous Adirondack Gnome has stolen some treasure and hidden clues. If you answer all of the riddles and questions, you might win a part of the treasure! It's fun and it's easy, with over \$200 worth of prizes to be awarded to the first three people to finish! One question is released each week, with a total of ten being asked, so it's not too late to start. Visit our Chapter website for more information. Good luck and happy hunting!

New members

GF-S CHAPTER

New Members to the GF/S Chapter:

January 2010

- Douglas Davis, Ballston Spa
- Miska Draskoczy, Brooklyn, New York
- Virginia and Joe Kelterborn, Porter Corners
- Richard Staley, Saratoga Springs

February 2010

- Matthew, Anita, Alec and Emma Chase, Queensbury

- Louis and Margaret Chicatelli, Clifton Park
- Rick Cobello, Middle Grove
- Alfred and Brigid DiGiulio, Clifton Park
- Gail Epstein, Warrensburg
- Carol, Lee, Angela & Thomas Harper, Mechanicville
- Nancy Hilton, Philadelphia, Pennsylvania
- Valerie Keen, Gansevoort
- Marcia Kidney, Corinth
- Kenneth Okken, Beebe, Arkansas

Trail hikers wanted

Northville Placid Trail Hikers Wanted- Contact Carolyn Cyr at 623-2568 or cpw-3cyr@hughes.net if you are interested in hiking part or all of this trail during the upcoming summer and fall seasons.

YMG on Facebook

The Younger Members Group (YMG) is now on Facebook! Come make new friends as well as share your ideas for future outings and events. Simply go to the YMG page on our Chapter website, then click on the Facebook link at the bottom of the page. See you there!



Welcome! New Outings Leaders

JODY ROTHMEYER

I work for the Golub Corp. in Rotterdam and with my wife, Barbette, we have three beautiful daughters and a granddaughter. I have been with the ADK for one year but have joined the Trails Committee as well as gone on the JBL work weekend last year on the Big Slide trail. I have adopted part of the Northville/Lake Placid trail as well as look forward to adopting a lean-to.

I grew up in a small town in Wisconsin where I was involved with the Explorer Scouts (post 444, search and rescue). I learned my early skills of first aid, CPR and wilderness survival, which I took with me when I joined the Wis. National Guard in December of 1982, where I became a Combat Medic. While I was with the Guard (two years), I learned several skills including, but not limited to: map reading, compass courses, medical first aid/CPR, leadership courses, and cold weather survival. In 1985, I joined the U.S. Army as a Food Inspector and while serving in the Army, I was exposed to more wilderness survival courses, among other courses as well.

My duty sites were (in order):

Fitzsimmons Army Medical Center in Aurora, CO., Ft. Sam Houston in San Antonio, TX., Sasebo Naval Base in Sasebo, Japan, and finally Fort Leavenworth, KS. While in Colorado, I was able to do some hiking in the Rocky Mountains. That was my first exposure to mountains. When I went to Japan, I had become an Asst. Boyscout Leader with the troop in Sasebo, and as a troop, we hiked up Mt. Fuji.

When I left the Army in 1993, I moved to Billings, Montana, where again I was reunited with the Rocky Mountains. In 1995, I moved down state for a year before moving back to Montana in 1996. In 1998, I moved back to New York (Amsterdam) where I met my wife, Barbette, and moved to Gloversville. Last year, besides climbing Big Slide mountain (and Yard mountain) on the JBL work weekend, I also climbed Mount Marcy on Sept. 9. This year I have signed up for the Trail Steward training as well as for the JBL work weekend.

For the past few years, I have been exploring more of the southern Adirondacks and have found a lot of new and exciting places within. I would like to

share with others the locations and experiences that I have found.

ELLEN DUBOIS

My husband and I have lived in Glens Falls for 28 years. We moved to the area because of the mountains and our love of hiking. We fell in love with the Keene/Keene Valley area and hope to semi-retire to our home in Keene fairly soon.

Climbing the 46 High Peaks two times has allowed me to become well acquainted with the High Peaks Region. One of my favorite hikes is the Great Range Traverse. In addition to hiking on trailed and well-traveled herd paths, my husband and I spend many weekends bushwhacking looking for cliffs and finding not only cliffs, but spectacular areas.

I also love to trail run, bike, ski, rock and ice climb and hope to hike-canoe when I'm semi-retired. During the ski season, I'm a volunteer ski patroller at Gore Mountain and I'm currently an active NYS EMT. I work near the Vermont border as a Physical Therapist Assistant.

I'm looking forward to sharing my hiking experiences with others who enjoy hiking in the Adirondacks.

EDUCATION CORNER

By Linda Ranado

Spring is here and with it the final confirmation of our camp sponsorships as we've had a few changes since the last newsletter. We are pleased to announce that Blah Hsae of Albany will be heading to Camp Colby at the end of June. All of our other DEC sponsorships will be participating in the diverse environmental activities offered at Pack Forest. These include Sierra Monroe of Gansevoort, Blake Vaisey of Warrensburg, Macy Frederickson of Ballston Spa and Hsemoe Eh of Albany. At present, we will

be sending Shepard Urbahn of Saratoga Springs to participate in the Teen Trails program. Another candidate from Schuylerville is pending as I write this.

Nancy Buckley and I had a fun morning at the beginning of March visiting with Mrs. Zostautas' sixth grade Reading class at Lynch Literacy Academy in Amsterdam. Students took notes as we shared our passion for hiking through a PowerPoint presentation of "Creatures and Features" and personal stories and they came up with some very insightful questions and observations. I want to personally thank them for being so attentive ... and for spoiling me with such a lovely bouquet of flowers!

Next stop will be the Queensbury third graders on their Adirondack Day come May 27. We're always amazed at their knowledge and alacrity.

Unfortunately, Discovery Day at Crandall Park has been cancelled. Hopefully, it will be back on again next year. And we can go on another scavenger hunt through Cole's Woods.

That's it for now. As always, I'll end with an invitation to anyone who would like to join our committee and/or offer suggestions for new directions we might pursue to keep our youth attuned to nature. You can always contact me at lrnado@hotmail.com or at 696-7265.



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 Crandall Public Library in Glens Falls and Saratoga Springs Public Library. Future Programs: TBD. **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Carl R's Cafe Restaurant and Bar in Glens Falls and Wesley Health Care Center in Saratoga Springs. Future Meetings: May 5, June 2. **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: May 12.

May		Outing Type	Destination	Leader/Contact	Rating
1	Sat	Hike	Bullhead Mountain	Rich Crammond, Jayne Boudier	A
1	Sat	Walk	Spring Bird Walk — Peebles Island State Park	Rich Speidel	C
2	Sun	Hike	*YMG* — Noonmark Mountain & Diner	Jonathan Lane	B
2	Sun	Hike	Learn how to use map and compass	Jack Whitney, Dan Monroe	C+
4	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
5	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
5	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant	NR
6	Thu	Bike	Bicycle Trails and nearby roads	Rich Myette	B
8	Sat	Bike	Spring Bike Trip Glens Falls Bike Trail	Neal Van Dorsten	B-
8	Sat	Hike	Calamity Mountain Bushwhack	Jayne Boudier, Jean Holcomb	A
8	Sat	Hike	Pharaoh Mountain	Reg Prouty	B
8	Sat	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
9	Sun	Hike	Hadley Mountain	Jack Whitney	B
10	Mon	Geocache	Monday Geocache walk/hike	Maureen Coutant, Sarah King	NR
12	Wed	Meeting	Outings Leader Meeting	Jack Whitney	NR
12	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
15	Sat	Other	ADK Headquarters Workday	Maureen Coutant	NR
15	Sat	Paddle	Henderson Lake	Jayne Boudier	B+
15	Sat	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
16	Sun	Hike	Black Mountain Loop	Bill Carpenter, Alison Darbee	B
16	Sun	Hike	Cook Mountain (Lake George)	Pat Desbiens	C+
18	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
19	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
20	Thu	Bike	Bicycle Trails and nearby roads	Rich Myette	B
21	Fri	Other	ADK Black Fly Affair Fundraiser	Deb Zack — ADK membership	NR
22	Sat	Hike	Hail Mountain Bushwhack	Rich Myette	A
22	Sat	Hike	Owls Head — *Fire Tower*	Alison Darbee	B
22	Sat	Hike	Hour Pond Hike	Neal Van Dorsten	C+
22	Sat	Walk	Spring Bird Walk — Pack Forest, Warrensburg	Rich Speidel	C
23	Sun	Hike	Ampersand Mountain	Bill Carpenter	B
23	Sun	Paddle	Hudson River Gorge Whitewater Rafting Trip	John Schroeder, Wild Waters Outdoor Center	B
26	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
29	Sat	Hike	Elizabethtown No. 4 Mountain	Jack Whitney	B+
30	Sun	Hike	Phelps Mountain	Jack Whitney	A+
June					
1	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
2	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
2	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
3	Thu	Bike	Bicycle Trails and nearby roads	Rich Myette	B
5	Sat	Bike	Brant Lake circuit	Neal Van Dorsten	B-
5	Sat	Hike	High Peak, Seymour	Alison Darbee, Joe Murphy	A+
5	Sat	Hike	Boreas River and Forks Mountain	Rich Crammond	B-
5	Sat	Hike	Sleeping Beauty and Bumps Pond Loop	Wayne MacFarran	B
5	Sat	Paddle/Camp	Lake George Canoe & Camp	Jayne Boudier	A
6	Sun	Hike	Leader's Choice	Sandy Yellen	B+
6	Sun	Hike	Treadway Mountain Paddle and Hike	Bill Morse	C+
7	Mon	Geocache	Monday Geocache walk/hike	Maureen Coutant, Sarah King	NR
9	Wed	Paddle	Mo-Rodd Mid-week Adventure	Maureen Coutant, Gary Rodd	B
12	Sat	Hike	*YMG/Fire Towers* — Belfry & Poke-O-Moonshine	Jonathan Lane	B
12	Sat	Hike	Pharaoh Lake From the South	Reg Prouty	B
13	Sun	Hike	High Peak, Dix from Route 73	Alison Darbee, Joe Murphy	A+
13	Sun	Hike	Through hike Sleeping Beauty and Black Mountain	Dan Monroe, Jack Whitney	A-
14	Mon	Hike	Bennett Lake	Jody Rothmeyer	C+
15	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
16	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
17	Thu	Bike	Bicycle Trails and nearby roads	Rich Myette	B
19	Sat	Hike	High Peak, Mount Marshal	Alison Darbee, Joe Murphy	A+
19	Sat	Hike	LOST POND (Near Putnam Pond)	John Devine	C+

Outings continued on next page



Outings and programs schedule continued

19	Sat	Hike	Bennett Lake	Jody Rothmeyer	C+
19	Sat	Paddle/Camp	Lake George Canoe & Camp	Jayne Boudier	A
20	Sun	Hike	Owl Head Lookout (Not Owls Head)	Pat Desbiens, Jack Whitney	B
20	Sun	Hike	Overlook Mountain — *Fire Tower*	Lorraine MacKenzie	B-
23	Wed	Paddle	Mo-Rodd Mid-week Adventure	Maureen Coutant, Gary Rodd	B
26	Sat	Hike	Northville Placid Trail Wakely Dam to Lake Durant	Carolyn Cyr, Jack Whitney	B+
27	Sun	Hike	Pitchoff Mountain Loop	Sandy Yellen	B+
27	Sun	Paddle	A Paddle on the Kunjamuk	Ray Bouchard	B
29	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
30	Wed	Hike	Bennett Lake	Jody Rothmeyer	C+
30	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
July					
3	Sat	Hike	Hopkins Mountain	Jack Whitney	B
3	Sat	Hike	Buck Mountain	Wayne MacFarren	B
7	Wed	Hike	Pillsbury — *Fire Tower*	Alison Darbee	B
10	Sat	Hike	High Peaks, Dial & Nippletop	Alison Darbee, Joe Murphy	A+
10	Sat	Paddle/Camp	Rainbow Lake Canoe and Camp	Jayne Boudier	A
11	Sun	Hike	Wright Peak	Lorraine MacKenzie	A+
13	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
13	Tue	Walk/Hike	Saratoga Stroll	Neal Van Dorsten	C-
17	Sat	Hike	Treadway Mountain	Reg Prouty	B+
17	Sat	Hike	Black Mountain Hike and Swim	Neal Van Dorsten	B
18	Sun	Hike	Hoffman Notch	Bill Morse	C+
18	Sun	Hike	Nundagao Ridge	Ellen DuBois	B
21	Wed	Hike	St. Regis — *Fire Tower*	Alison Darbee	B
24	Sat	Hike	Mount Jo	John Devine	C+
24	Sat	Hike	Old Farm Clearing Loop	Neal Van Dorsten	B-
24	Sat	Hike	Linsey Marsh	Rich Crammond	C+
24	Sat	Paddle/Camp	Raquette Lake Canoe and Camp	Jayne Boudier	A
25	Sun	Hike	Appalachian Trail near Wallingford, VT	Steve Mackey	B
25	Sun	Hike	*YMG* — Avalanche Pass	Jonathan Lane	B+
27	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
31	Sat	Hike	High Peaks, Street and Nye	Alison Darbee, Joe Murphy	A+
31	Sat	Hike	Cascade Peak	Reg Prouty	A-

Conservation News

By Jacki Bave

Spruce Mountain Fire Tower Update — The Spruce Mountain Fire Tower, located on top of a 2003-foot mountain in Corinth, is on the chapter's Fire Tower Challenge and a popular local hiking destination. Recent developments will help to ensure that hikers will have legal access to the 73-foot tower, and allow the Friends of Spruce Mountain to begin efforts at restoration. In late February, Saratoga County settled a sewage permit violation fine by transferring ownership of 2.5 acres of land on the top of Spruce Mountain, including the fire tower, to New York State. On March 5, the Adirondack Park Agency approved the Spruce Mountain subdivision application, and efforts are underway to work out a recreational easement agreement with

Lyme Timber, owner of some sections of the planned route up the mountain. The Friends group and Saratoga PLAN have faced many challenges in their attempts to establish legal public access and to restore the tower, but the land deal and other progress that has been made means that trail work and tower restoration could begin this summer. If you are interested in helping with this work, please contact Andy Fyfe, Stewardship and Education Coordinator at Saratoga PLAN (andy@saratogaplan.org).

Moreau Lake State Park Trail Work — Many of our chapter members helped establish the trail network on the Palmertown Range, and enjoy the local hiking opportunities and great views of Moreau Lake and the Hudson River. In an effort to improve and maintain the trails, a work project has been planned for

National Trails Day on June 5, from 8:30 a.m. to 1:00 p.m. If you are interested in helping, please contact Ben Snyder at 793-0511 (Ben.Snyder@oprhp.state.ny.us).

Make a Difference on Issues Important to You — Many of us feel strongly on issues such as recently proposed state park closures, but don't know what action to take to try to prevent these proposals from becoming reality. ADK's Action Alerts let you know how you can make a difference on issues important to ADK and its members. The alerts supply you with facts, background and contact information. It is often as easy as sending a short e-mail or making a phone call. To sign up to receive ADK's free Action Alerts, e-mail adkadvocacy@nycap.rr.com, or check the Main Club Links on our chapter's website.



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.*

BULLHEAD MOUNTAIN HIKE

Saturday, May 1

Time: 7:00 a.m.

Rating: A

Leader: Rich Crammond — 584-2380

Coleader: Jayne Boudier — 793-3770

This will be a trail and bushwhack hike to the top of Bullhead Mountain from the old farm clearing trail, then out the same way. Approximately 10 to 11 miles round trip. See you there.

SPRING BIRD WALK — PEBBLES ISLAND STATE PARK

Saturday, May 1

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

Rating: C

Leader: Rich Speidel — 623-2587

Pebbles Island offers 138 acres of fields, woods and solitude amid urban surroundings. Its location at the confluence of the Mohawk and Hudson Rivers provides habitat for a variety of birds. We will walk across the Mohawk on a historic railroad bridge, and circle the island at a leisurely pace. Along with many active songbirds, waterfowl are often seen from the cliffs, and a bald eagle or osprey is possible. Please bring binoculars. We will record the bird species identified (48 on last year's walk). The rain date is Sunday, May 2.

***YMG* — NOONMARK MOUNTAIN & DINER HIKE**

Sunday, May 2

Time: 7:30 a.m.

Rating: B

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

For anyone who has hiked up Noonmark Mountain before, you know how incredible the views are! And if you have never been on top of Noonmark, now is a good time to go and enjoy the 360-degree views. After we have had our fill of beautiful views for the day, we will go fill ourselves up at Noonmark Diner before the ride home. Approximately 5 miles round trip. Rain will cancel.

LEARN HOW TO USE MAP AND COMPASS HIKE

Sunday, May 2

Time: 8:30 a.m.

Rating: C+

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

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

This outing is for you if you would like to learn to use map and compass. We will hike the local Lake George area or southern Adirondacks. Bring a base plate compass or orienteering compass. Call leader for details.

EVENING PADDLE

Tuesday, May 4

Time: 5:30 p.m.,

Rating: NR

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

This is the beginning of the 2010 ADK evening paddle season! This year, I'm returning the trips to Tuesday evening (every other week). This way if the forecast is bad we can push it to later in the week. We generally stick to within 1/2 hour of the Glens Falls area. I will have the trip for the week set by Sunday evening, so e-mail or call then for information.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 5

Time: 9:15 a.m.

Rating: NR

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

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. In May we are generally on a hunt for wildflowers! Trips usually include the Skidmore Northwoods, Hadley Mountain, and the Lake George area. Hope you can join us! By Monday morning, the trip for that week will be planned. E-mail Mo for details. On May 5, we'll try to stop by a Mexican Restaurant for Cinco de Mayo!

BICYCLE TRAILS AND NEARBY ROADS BIKE

Thu, May 6

Time: 5:30 p.m., Warren Co. Bike Trail Parking Area on Country Club Road, Queensbury

Rating: B

Leader: Rich Myette — 745-5037

We'll ride on Warren Co. and/or Feeder Canal Bike Trails and possibly on local roads from these trails. The pace will be moderate. We'll be back to our cars by dark.

SPRING BIKE TRIP GLENS FALLS BIKE TRAIL

Saturday, May 8

Time: 9:00 a.m.

Rating: B-

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

We will meet across from the Lake George Steamboat Company in the park and bike to the five combines. This is a very beautiful trip mostly on bike paths with an easy pace at an average of 12 mph. No one will be left behind. There will be an optional lunch at GG Mamas just off the trail.

CALAMITY MOUNTAIN BUSHWHACK HIKE

Saturday, May 8

Time: 5:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

Coleader: (Calamity) Jean Holcomb — 583-0658

We'll try the easiest approach, from Calamity Pond. Spencer Morrissey writes in his book, "The Other 54," that there are spectacular views from overlooks. Approximately 10 miles, including about three miles of bushwhacking up the mountain, and 2,000 ft. ascent, at a moderate, unrushed pace. From Upper Works.



PHARAOH MOUNTAIN HIKE

Saturday, May 8

Time: 8:00 a.m.

Rating: B

Leader: Reg Prouty — 518-747-9736

This scenic mountain is located east of Schroon Lake in the Pharaoh Mountain Wilderness Region. The round trip distance from the DEC parking lot is 9.8 miles. Ascent from Crane Pond is 1,470 feet. Pace will be relaxed.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Saturday, May 8

Time: TBD, Camp Saratoga, Scout Road

Rating: C

Leader: Rich Speidel — 623-2587

May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we hope to do more stopping and looking and less walking. Please bring binoculars. We will keep track of the bird species identified. Group size is limited to 15, so please call ahead to register. Rain date is Sunday, May 9.

HADLEY MOUNTAIN HIKE

Sunday, May 9

Time: 8:00 a.m.

Rating: B

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

Wildflower hike! This will be a co-chapter hike with the Schenectady chapter. Come meet the legendary Naturalist Ruth Schottman author of "Trailside Notes." Schottman has written articles for *Adirondack* magazine. The pace will be slow, allowing time for wildflower explanations, note and picture-taking.

MONDAY GEOCACHE WALK/HIKE

Monday, May 10

Time: 9:15 a.m.

Rating: NR

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

Coleader: 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. Call or e-mail a few days prior to find out where we'll be going and what you'll need and approximate length of trip.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 12

Time: 9:15 a.m.

Rating: NR

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

Coleader: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. In May we are generally on a hunt for wildflowers! Trips usually include the Skidmore Northwoods, Hadley Mountain, and the Lake George area. Hope you can join us! By Monday morning, the trip for that week will be planned. E-mail Mo for details.

ADK HEADQUARTERS WORKDAY

Saturday, May 15

Time: 9:00 a.m.

Rating: NR

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

Come join fellow ADKers to spruce up ADK headquarters for the summer season. Indoor and outdoor projects from staining or painting to raking and gardening. We'll find a project for any ability. No skills required to remove bugs from overhead lights, pick up garbage by the road, clean a window or stain a deck. Coffee and scones and lunch provided. Come when you can! Leave when you have to! RSVP to Mo (mojom@roadrunner.com) for food planning purposes. Thanks!

HENDERSON LAKE PADDLE

Saturday, May 15

Time: 7:00 a.m.

Rating: B+

Leader: Jayne Boudier — 793-3770

This is a beautiful, deep lake with cliffy shores, interesting swamps and inlets, and a great view of Indian Pass and the High Peaks. We'll explore 6-7 miles worth of bays and inlets at a moderate, unhurried pace. Easy 1/4-mile carry. Leader will help, as she has boat wheels and also a boat to lend. From Upper Works.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Saturday, May 15

Time: TBD, Camp Saratoga, Scout Road

Rating: C

Leader: Rich Speidel — 623-2587

May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we hope to do more stopping and looking and less walking. Please bring binoculars. We will keep track of the bird species identified. Group size is limited to 15, so please call ahead to register. Rain date is Sunday, May 16.



BLACK MOUNTAIN LOOP HIKE

Sunday, May 16

Time: 7:30 a.m.

Rating: B

Leader: Bill Carpenter — 793-5506

Coleader: Alison Darbee — darbear@gmail.com

Great views to be had from this summit and on the backside toward the lake. We will do a loop to Black Mountain Ponds and to Lapland Pond. Bring your camera for great views. Call leader for details.

COOK MOUNTAIN (LAKE GEORGE) HIKE

Sunday, May 16

Time: 9:00 a.m.

Rating: C+

Leader: 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 is 316-1244.

EVENING PADDLE

Tuesday, May 18

Time: 5:30 p.m.

Rating: NR

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

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 19

Time: 9:15 a.m.

Rating: NR

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

Coleader: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. In May we are generally on a hunt for wildflowers! Trips usually include the Skidmore Northwoods, Hadley Mountain, and the Lake George area. Hope you can join us! By Monday morning, the trip for that week will be planned. E-mail Mo for details.

BICYCLE TRAILS AND NEARBY ROADS BIKE

Thursday, May 20

Time: 5:00 p.m., Warren Co. Bike Trails Parking Area on Country Club Road, Queensbury

Rating: B

Leader: Rich Myette — 745-5037

We'll ride on Warren Co. Bike Trail and/or Feeder Canal Bike Trail and possibly on local roads from these trails. We'll be back before dark.

HAIL MOUNTAIN BUSHWHACK HIKE

Saturday, May 22

Time: 6:30 a.m.

Rating: A

Leader: Rich Myette — 745-5037

The top of Hail Mountain stretches for over a mile in a chain of knobs and summits with many open rocky areas. The views are 360 degrees of Adirondack High Peaks and many other mountains and valleys as well as Vermont's high mountains. Hail Mountain is in the Hammond Pond Wild Forest in the Township of Moriah between Lake Champlain and the Northway. It's 2,680 feet high and we'll begin at an elevation around 1,000 feet. We'll begin near Berry Mill Brook hiking on an old road and old forests to Hammond Pond and then up Black Brook and begin up Hail Mountain. There is moderate and steep climbing, especially climbing and descending the upper knobs. We'll do about 8-10 miles. Expect to see many wildflowers and beautiful forests.

OWLS HEAD — *FIRE TOWER* — HIKE

Saturday, May 22

Time: 7:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

Working on your Fire Tower Challenge? Come join this "moderate climb, with a steep section at the end" (according to J.P. Freeman's book!). This hike is up near Long Lake, let's hope for a clear day! Please e-mail leader by the Thursday before the hike for details and to sign up.

HOOR POND HIKE

Saturday, May 22

Time: 9:00 a.m.

Rating: C+

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

This is a really cool hike that originates not far from the Garnett Mountain cross country ski area. The trailhead is at 13th Lake. The trail follows 13th Lake and then ascends to Hour Pond. There is a large beaver dam that we traverse along the way. It is very scenic. Meet at Bolton Landing (parking across from Lakeside Lodge at 9 a.m. or the trailhead at 10 a.m.) E-mail to confirm.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 22

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

Rating: C

Leader: Rich Speidel — 623-2587

This will be a leisurely morning walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will check for birds around the towering Grandmother's Tree, a 175-foot white pine some 320 years old. Please bring binoculars. We identified 42 species of birds on the 2009 walk. This year? The rain date is Sunday, May 23.



AMPERSAND MOUNTAIN HIKE

Sunday, May 23

Time: 7:00 a.m.

Rating: B

Leader: Bill Carpenter — 793-5506

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

HUDSON RIVER GORGE WHITEWATER RAFTING TRIP

Sunday, May 23

Time: 8:30 a.m.

Rating: B

Leader: John Schroeder — 518-798-4734

Coleader: Wild Waters Outdoor Center — 800-867-2335

The Hudson River Gorge offers 16 miles of spectacular whitewater and beautiful scenery. This full day, class III-IV whitewater trip, should provide our group with plenty of adventure. Wild Waters has offered our group a very enticing rate of \$60 per person. This price includes all safety equipment, wetsuits, booties, lunch on the river, transportation, and a New York State licensed guide on each raft. An optional dinner can be added to the trip for an additional \$7.50, which I would recommend, as it offers a nice chance to mingle after the trip. The date of our trip should provide us with the best of both worlds; early enough in the season for good water levels, but not so early that the cold weather and cold water make it difficult to stay warm. Minimum age is 12 years old. Please call Wild Waters directly at 1-800-867-2335 to book your trip, and be sure to mention that you are with John Schroeder's ADK group rafting on Sunday, May 23.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 26

Time: 9:15 a.m.

Rating: NR

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

Coleader: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. In May we are generally on a hunt for wildflowers! Trips usually include the Skidmore Northwoods, Hadley Mountain, and the Lake George area. Hope you can join us! By Monday morning, the trip for that week will be planned. E-mail Mo for details.

ELIZABETHTOWN NO. 4 MOUNTAIN HIKE

Saturday, May 29

Time: 7:15 a.m.

Rating: B+

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

Learn how to use a compass and map on this outing. Bring a base plate or orienteering compass. Learn aiming off, handrails and catching features. Instruction and maps provided. Around six to seven miles round trip. Call leader for details.

PHELPS MOUNTAIN HIKE

Sunday, May 30

Time: 6:20 a.m.

Rating: A+

Leader: 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. 8.5 miles round trip. Call leader for further details.

EVENING PADDLE

Tuesday, June 1

Time: TBD

Rating: NR

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

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, June 2

Time: 9:15 a.m.

Rating: NR

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

Coleader: Gary Rodd

During June, we will try something new and alternate between a midweek paddle and hike/walk. Please call or e-mail Mo to gauge your ability to attend these trips. Hope you can join us on a few trips! By Monday morning, the trip for that week will be finalized. E-mail Mo for details.

BICYCLE TRAILS AND NEARBY ROADS BIKE

Thursday, June 3

Time: 5:30 p.m., Warren Co. Bike Trail Parking Area. Country Club Road, Queensbury

Rating: B

Leader: Rich Myette — 745-5037

We'll ride on Warren Co. and/or Feeder Canal Bike Trails and possibly local roads from these trails. We'll be back before dark.

BRANT LAKE CIRCUIT BIKE

Saturday, June 5

Time: 9:00 a.m., Exit 24

Rating: B-

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

This is wonderful bike ride starting at Exit 24, riding up along the Schroon River and then along the shores of Brant Lake, doing a circuit of the lake. The ride is mostly flat with a few easy grades. This is a pretty trip. We will ride 12 mph and the trip is about 25 miles. No one left behind. Nice scenery the whole way. Meet at Exit 24 at 9 a.m. or Bolton Landing at 8:30am. E-mail to confirm.



HIGH PEAK, SEYMOUR HIKE

Saturday, June 5

Time: 5:00 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Coleader: Joe Murphy — 580-6302

This hike will start at Corey's and after about 5+ miles of hiking to the Ward Brook lean-to we will begin the bushwhack/herd path up to the summit. Round trip about 14 miles. Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

BOREAS RIVER AND FORKS MOUNTAIN HIKE

Saturday, June 5

Time: 9:00 a.m.

Rating: B-

Leader: Rich Crammond — 584-2380

Starting from Northwoods Club road, we will hike south on the old railroad bed to Forks Mountain and up to the open summit. Then, we will head back down to where the Hudson meets the Boreas River and back to our starting point. Approximately five miles round trip with about 800 ft. elevation change and a short bushwhack. We will meet at my camp which is 0.6 miles up Ridge Road and carpool from there.

SLEEPING BEAUTY AND BUMPS POND LOOP HIKE

Saturday, June 5

Time: time TBD, Rating: B

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

This hike will take us up to the top of Sleeping Beauty where we will observe the view and socialize for awhile and from there we will head for Bumps Pond and proceed to Dacy clearing. Pace will be relaxed and the distance is about seven miles round trip with 1,300 feet of elevation. Call between 4 p.m. and 9 p.m. or leave a message and I will contact you.

LAKE GEORGE CANOE & CAMP

Saturday, June 5

Time: 2:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This is the best time of year to beat the rush for nice island campsites in the narrows. And the late meeting time gives some of Saturday to catch up on odd jobs. Kayaks are recommended. Put in from Shelving Rock Road (1/8-mile carry) or Huletts Landing (parking and launch fee). Most sites can be reached within a few miles. After setting up camp, we'll have Saturday evening and half of Sunday to take a leisurely look around. Points of interest could include Montcalm Point, Paradise Bay, French Point, Black Mountain Point, and Deer Leap. Twelve miles or less of travel. Call leader for details.

LEADER'S CHOICE HIKE

Sunday, June 6

Time: 8:00 a.m.

Rating: B+

Leader: Sandy Yellen — 584-2763

I would like to do Snow Mountain and Roostercomb. They both have beautiful views of the High Peaks. If we only get to do Snow, it becomes a B hike with about 5 miles round trip. Call leader for details and to sign up.

TREADWAY MOUNTAIN PADDLE AND HIKE

Sunday, June 6

Time: 9:00 a.m., Putnam Pond boat launch

Rating: C+

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

We will paddle across Putnam Pond and then climb Treadway Mountain. Good Views of the Pharaoh Wilderness area.

Approximately a one-mile paddle and then 2.5 miles to the summit of Treadway with 900 feet of elevation gain. Bring your canoe or kayak and some lunch for a relaxing day.

MONDAY GEOCACHE WALK/HIKE

Mon, June 7

Time: 9:15 a.m.

Rating: NR

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

Coleader: Sarah King — 798-0615

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. Call or e-mail a few days prior to find out where we'll be going and what you'll need and approximate length of trip.

MO-RODD MIDWEEK ADVENTURE PADDLE

Wednesday, June 9

Time: 9:15 a.m.

Rating: B

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

Coleader: Gary Rodd

During June, we will try something new and alternate between a midweek paddle and hike/walk. Please call or e-mail Mo to gauge your ability to attend these trips. Tentatively, this first paddle will be in Northwest Bay in Lake George. Hope you can join us on a few trips! By Monday morning, the trip for that week will be finalized. E-mail Mo for details.



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

Saturday, June 12

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! Great hike for beginners.

PHARAOH LAKE FROM THE SOUTH HIKE

Saturday, June 12

Time: 8:00 a.m.

Rating: B

Leader: Reg Prouty — 518-747-9736

We will approach Pharaoh Lake from the Mill Brook DEC parking lot off Beaver Pond Road and visit several of the lean-tos around the south side of Pharaoh Lake. Elevation change is only a few hundred feet due to rolling terrain typical of the Pharaoh Lake Wilderness Area. Pace will be moderate and total distance is about 5 miles.

HIGH PEAK, DIX FROM ROUTE 73 HIKE

Sunday, June 13

Time: 6:15 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Coleader: Joe Murphy — 580-6302

To get the 6th highest High Peak we will follow the Route 73 trail up. It's about 14 miles round trip and in one section of this trail we'll gain 1,600 ft. in a little over a mile! It's great fun! Once we reach the summit we will probably take a side trip over to the Beckhorn. Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

THROUGH HIKE SLEEPING BEAUTY AND BLACK MOUNTAIN

Sunday, June 13

Time: 8:00 a.m.

Rating: A-

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

Coleader: Jack Whitney — 518-793-9210 or jack1758@roadrunner.com

I have always thought about starting two groups from opposite directions, Black at the Pike Brook Road and Sleeping Beauty at Dacy Clearing. One group hikes to the top of Black, then down the front to Black Mountain Pond, Lapland Pond, Millmen Pond, Fishbrook, Bumps, up to Sleeping Beauty and out to Dacy clearing. The other group hikes in reverse and they do a key swap in the middle. What do you think? About 10 miles total. Be prepared to stay with your hiking group.

BENNETT LAKE HIKE

Monday, June 14

Time: 9:00 a.m.

Rating: C+

Leader: Jody Rothmeyer — 224-1576 or rojol2547@yahoo.com

We will leave Walmart parking lot at 9 a.m. to travel the approximate 23 miles (35 minutes) to the trailhead on Creek Road, just north of Northville. From the trailhead, we will hike the 1.5 miles (approximately 500' elevation) to Bennett lake, arriving about noon. We will leave approximately 1.5-2 hours later arriving back at the vehicles by 4 p.m. or sooner. What you should bring: water (at least two quarts, more if you are with children), good hiking boots (hiking sticks optional), backpack or daypack, snacks while hiking as well as a lunch for when we get there, dress for the weather condition (clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet). Also, it is wise to bring raingear, just in case of rain. Remember, what looks nice in Albany/Schenectady may be different conditions in the Adirondacks, so bring extra clothing. If not needed, you could always leave them in your vehicle. Optional items: camera, fishing pole (must have license), binoculars, books (i.e. for reading there or identifying trees or animals). Directions to Walmart in Gloversville from Route 5 and 890: Head northwest on Amsterdam Road/Mohawk Turnpike/NY-5 W toward Van Buren Ln 1. Continue to follow NY-5 W 14.3 mi 2. Turn right at Fort Johnson Ave/NY-67 W Continue to follow NY-67 W 7.4 mi 3. Turn right at S Comrie Ave/New York 30A N Continue to follow New York 30A N 4.9 mi 4. Turn left at 5th Ave Destination will be on the right. If taking the NY Thruway, you can either get off at exit 27 (Amsterdam) (just follow the signs for Route 5 West) or you can get off at Exit 28 (Fonda). Just follow the signs for 30A north.

EVENING PADDLE

Tuesday, June 15

Time: time TBD, Rating: NR

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

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, June 16

Time: 9:15 a.m.

Rating: NR

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

Coleader: Gary Rodd

During June, we will try something new and alternate between a midweek paddle and hike/walk. Please call or e-mail Mo to gauge your ability to attend these trips. Hope you can join us on a few trips! By Monday morning, the trip for that week will be finalized. E-mail Mo for details.



BICYCLE TRAILS AND NEARBY ROADS BIKE

Thursday, June 17

Time: 5:30 p.m., Warren Co. Bike Trail Parking Area, Country Club Road, Queensbury

Rating: B

Leader: Rich Myette — 745-5037

We'll ride on Warren Co. and/or Feeder Canal Bike Trails and possibly on local roads from these trails. We'll be back to our cars by dark.

HIGH PEAK, MOUNT MARSHALL HIKE

Saturday, June 19

Time: 6:00 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Coleader: Joe Murphy — 580-6302

We will start from the Upper Works and hike the Calamity Brook Trail to Flowed Lands. From there it's a short distance to Herbert Brook and then up the herd path to the summit. Round trip distance around 14 miles with an elevation gain around 1,600 ft. Please e-mail or call a leader by the Friday before the hike for details and to sign up.

LOST POND (NEAR PUTNAM POND) HIKE

Saturday, June 19

Time: 8:00 a.m., Hannaford, Corner of Route 4 and Dix Ave., Hudson Falls

Rating: C+

Leader: John Devine — 518-260-4940 or johnd12839@gmail.com

This hike is to a small mountain pond just east of Putnam Pond State Campgrounds (Ticonderoga area). Approximately 5 miles. Call or e-mail for details or to sign up.

BENNETT LAKE HIKE

Saturday, June 19

Time: 9:00 a.m.

Rating: C+

Leader: Jody Rothmeyer — 224-1576 or rojol2547@yahoo.com

We will leave Walmart parking lot at 9 a.m. to travel the approximate 23 miles (35 minutes) to the trailhead on Creek Road, just north of Northville. From the trailhead, we will hike the 1.5 miles (approximately 500' elevation) to Bennett lake, arriving about noon. We will leave approximately 1.5-2 hours later arriving back at the vehicles by 4 pm or sooner. What you should bring: water (at least two quarts, more if you are with children), good hiking boots (hiking sticks optional), backpack or daypack, snacks while hiking as well as a lunch for when we get there, dress for the weather condition (clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet). Also, it is wise to bring raingear, just in case of rain. Remember, what looks nice in Albany/Schenectady may be different conditions in the Adirondacks, so bring extra clothing. If not needed, you could always leave them in your vehicle. Optional items: Camera, fishing pole (must have license), binoculars, books (i.e. for reading there or identifying trees or animals). Directions to Walmart in Gloversville from Route 5 and 890: Head northwest on Amsterdam Road/Mohawk Turnpike/

NY-5 W toward Van Buren Ln 1. Continue to follow NY-5 W 14.3 mi 2. Turn right at Fort Johnson Ave/NY-67 W Continue to follow NY-67 W 7.4 mi 3. Turn right at S Comrie Ave/New York 30A N Continue to follow New York 30A N 4.9 mi 4. Turn left at 5th Ave Destination will be on the right. If taking the NY Thruway, you can either get off at exit 27 (Amsterdam) (just follow the signs for Route 5 West) or you can get off at exit 28 (Fonda). Just follow the signs for 30A north.

LAKE GEORGE CANOE & CAMP

Saturday, June 19

Time: 2:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This is the best time of year to beat the rush for nice island campsites in the narrows. And the late meeting time gives some of Saturday to catch up on odd jobs. Kayaks are recommended. Put in from Shelving Rock Road (1/8-mile carry) or Huletts Landing (parking and launch fee), most sites can be reached within a few miles. After setting up camp, we'll have Saturday evening and half of Sunday to take a leisurely look around. Points of interest could include Montcalm Point, Paradise Bay, French Point, Black Mountain Point, and Deer Leap. Twelve miles or less of travel. Call leader for details.

OWL HEAD LOOKOUT (NOT OWLS HEAD) HIKE

Sunday, June 20

Time: 7:30 a.m.

Rating: B

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

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

The trailhead for this hike is off Route 9N about 5.5 miles from the junction of Route 9N and Route 73 between Keene Valley and Keene and is part of the long approach to Giant Mountain. We will have a spectacular view of Giant Mountain from the Lookout. The trail is easy to moderate to the top of the ridge (2.5 miles from the trailhead) and then it is 0.1 mile up to the Lookout. Beginners are welcome on this hike — the pace will be slow to enjoy the beautiful woods around us. Round trip distance is 5.2 miles. A possible option for those who want a little longer hike, would be to go with the trip co-leader another 1.6 miles out to High Banks ("a remarkable bank of glacial gravel with only a few birches growing on it") from which there are more views. Alternate phone number to call if there is no answer at the first number is 316-1244.

OVERLOOK MOUNTAIN — *FIRE TOWER* — HIKE

Sunday, June 20

Time: 8:00 a.m.

Rating: B-

Leader: Lorraine MacKenzie — 791-9794 or otczone@aol.com

Located in the Catskills near Woodstock, this fire tower was restored in 1999 and boasts beautiful views of the Hudson Valley. It is a 5-mile moderate hike with 1,400 ft. elevation gain. The pace will be moderate, and time permitting, if everyone agrees, a stop in Woodstock is possible.



MO-RODD MIDWEEK ADVENTURE PADDLE

Wednesday, June 23

Time: 9:15 a.m.

Rating: B

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

Coleader: Gary Rodd

During June, we will try something new and alternate between a midweek paddle and hike/walk. Please call or email Mo to gauge your ability to attend these trips. Tentatively, this trip will be along the Schroon River. Hope you can join us on a few trips! By Monday morning, the trip for that week will be finalized. E-mail Mo for details.

NORTHVILLE PLACID TRAIL WAKELY DAM TO LAKE DURANT HIKE

Saturday, June 26

Time: 6:30 a.m.

Rating: B+

Leader: Carolyn Cyr — 623-2568 or cpw3cyr@hughes.net

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

Experience wilderness hiking at its best. Join us on this hike from Lake Durant to the new trail near Wakley Dam. Call leader for details.

PITCHOFF MOUNTAIN LOOP HIKE

Sunday, June 27

Time: 8:00 a.m.

Rating: B+

Leader: Sandy Yellen — 584-2763

We will start at the southwest end after spotting cars. There are many ups and downs on this hike which means many great views. Call leader for details and to sign up. Distance is 5.2 miles.

A PADDLE ON THE KUNJAMUK

Sunday, June 27

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

The Kunjamuk is a slow meandering Adirondack stream located just south of Speculator along routes 8 and 30. We will launch at Kunjamuk Bay and paddle upstream about 3.5 mile north to Elm Lake then reverse direction, paddling back with the current. Typically one has to negotiate 10-12 beaver dams along the way so be prepared for wet feet. If we're lucky we'll be able to slide over most of them but there are no guarantees. The ideal vessel for negotiating beaver dams is a canoe; my second choice would be a kayak with a large cockpit. In short, you need to be able to get into and out of your craft easily. The round trip distance is about 7 miles. The pace will be leisurely so slow paddlers are more than welcome. I plan on stopping for a short hike to Kunjamuk Cave as we make our way upstream to Elm lake. Black flies are a real possibility this late in the season so be prepared. Finally, I would like everyone to wear a PFD during the paddle.

EVENING PADDLE

Tuesday, June 29

Time: time TBD, Rating: NR

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

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

BENNETT LAKE HIKE

Wednesday, June 30

Time: 9:00 a.m.

Rating: C+

Leader: Jody Rothmeyer — 224-1576 or rojol2547@yahoo.com

We will leave Walmart parking lot at 9 a.m. to travel the approximate 23 miles (35 minutes) to the trailhead on Creek Road, just north of Northville. From the trailhead, we will hike the 1.5 miles (approximately 500' elevation) to Bennett lake, arriving about noon. We will leave approximately 1.5-2 hours later arriving back at the vehicles by 4 p.m. or sooner. What you should bring: water (at least two quarts, more if you are w/children), good hiking boots (hiking sticks optional), backpack or daypack, snacks while hiking as well as a lunch for when we get there, dress for the weather condition (clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet). Also, it is wise to bring raingear, just in case of rain. Remember, what looks nice in Albany/Schenectady may be different conditions in the Adirondacks, so bring extra clothing. If not needed, you could always leave them in your vehicle. Optional items: Camera, fishing pole (must have license), binoculars, books (i.e. for reading there or identifying trees or animals). Directions to Walmart in Gloversville from Rte 5 and 890: Head northwest on Amsterdam Road/Mohawk Turnpike/NY-5 W toward Van Buren Ln 1. Continue to follow NY-5 W 14.3 mi 2. Turn right at Fort Johnson Ave/NY-67 W Continue to follow NY-67 W 7.4 mi 3. Turn right at S Comrie Ave/New York 30A N Continue to follow New York 30A N 4.9 mi 4. Turn left at 5th Ave Destination will be on the right. If taking the NY Thruway, you can either get off at exit 27 (Amsterdam) (just follow the signs for Route 5 West) or you can get off at Exit 28 (Fonda). Just follow the signs for 30A north.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, June 30

Time: 9:15 a.m.

Rating: NR

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

Coleader: Gary Rodd

School is out! This might be a bring-the-kids adventure. By Monday morning, the trip for that week will be finalized. E-mail Mo for details.

HOPKINS MOUNTAIN HIKE

Saturday, July 3

Time: 8:00 a.m.

Rating: B

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

We will hike along Mossy Cascade Brook and take a side trip to base of Mossy Cascade. Then on to the summit with great views. Call leader for details. Round trip distance is about 6.4 miles.

Elevation gain about 2120 ft.



BUCK MOUNTAIN HIKE

Saturday, July 3

Time: TBD

Rating: B

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

We will hike to the summit of Buck Mountain from Hog Town at a relaxed pace where we will observe the view and socialize. The hike is approximately six miles round trip and the summit elevation is 2,334 feet. Call between 4 p.m. and 9 p.m. or leave a message and I will contact you later or contact me by e-mail.

PILLSBURY — *FIRE TOWER* — HIKE

Wednesday, July 7

Time: 7:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

Working on that Fire Tower Challenge? Join us on a trip that is according to J. P. Freeman's book, "a strenuous climb over a moderate distance." I'm told that the views from the fire tower's upper landings are great ones! Round trip about 3.2 miles with an elevation change of 1,337 ft. Please e-mail leader by the Monday before the hike for details and to sign up.

HIGH PEAKS, DIAL & NIPPLETOP HIKE

Saturday, July 10

Time: 6:30 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Coleader: Joe Murphy — 518-580-6302

We'll start hiking from the Ausable Club parking lot, head up to Nippletop first and then over to Dial. On the way down, we'll go over Bear Den and the shoulder of Noonmark as well. About 12.5 miles round trip and approximately 10 hours. Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

RAINBOW LAKE CANOE AND CAMP

Saturday-Sunday, July 10-11

Time: Noon

Rating: A

Leader: Jayne Boudier — 793-3770

This lake lives east of Paul Smiths, and has camping at Buck Pond State Campground, or at free sites out on the lake. We should have time to explore the North Branch (Saranac River), Rainbow's name-sake eskers, and The Flow without having to rush. About 12 miles, moderate to leisurely pace, with time to stop. Leader has a boat to lend.

WRIGHT PEAK HIKE

Sunday, July 11

Time: 7:00 a.m.

Rating: A+

Leader: Lorraine MacKenzie — 791-9794 or otczone@aol.com

Wright Peak stands at 4,580 feet and is the most northern peak of the MacIntyre Range. Round trip distance is 7 miles with 2,400 ft of elevation gain. It is one the windiest summits of the High Peaks so expect to be cool on this summer day. Our pace will be moderate. Rain cancels.

EVENING PADDLE

Tuesday, July 13

Time: time TBD, Rating: NR

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

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

SARATOGA STROLL

Tuesday, July 13

Time: 9:00 a.m.

Rating: C-

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

We will take a stroll around Saratoga somewhere, most likely Cole's Woods or the Park. Plan about 1.5 hours. We will meet at the Saratoga Starbucks at 9 a.m. E-mail or call to confirm.

TREADWAY MOUNTAIN HIKE

Saturday, July 17

Time: 8:00 a.m.

Rating: B+

Leader: Reg Prouty — 518-747-9736

This 2,240 foot mountain is described by Barbara McMartin as "the most entrancing of any peak in the Pharaoh Lake Wilderness Area." Ascent from Putnam Pond is only 830 feet and round trip distance is only 8 miles. Hopefully this will be a good blueberry year as we will go at a relaxed pace scouting for blueberries near the trail. Views on the summit are excellent in all directions. Call early by Thursday, as this is a popular hike and a possible change in meeting place.

BLACK MOUNTAIN HIKE AND SWIM

Saturday, July 17

Time: 9:00 a.m.

Rating: B

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

We will start at the Pike Brook Road trailhead and hike to the top of Black Mountain, great views of the entire north end of the lake. We will then proceed down to the lake and take a swim at Black Mountain Point. We will get a boat shuttle back. There is limited Space, so reserve early. We will meet at trailhead at 9 a.m. or Starbucks in Glens Falls at 8 a.m. E-mail or call to confirm.



HOFFMAN NOTCH HIKE

Sunday, July 18

Time: 9:00 a.m., Exit 29 Frontier Town

Rating: C+

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

This is a 7.4-mile point-to-point hike through Hoffman Notch. We park cars at Loch Muller and on the Blue Ridge Road. This is a gentle hike with minor elevation changes. Bring your lunch.

NUNDAGAO RIDGE HIKE

Sunday, July 18

Time: 9:00 a.m., Noonmark Diner, Route, Keene Valley

Rating: B

Leader: Ellen DuBois — 798-4531 or etdubois@netzero.net

This is a beautiful loop hike that begins at the O'Toole clearing/parking area in Keene, about ten minutes from our meeting place. We'll begin with a moderate to moderately-steep hike most of the way up Big Crow on a marked trail. The ridge hike turns onto a very clear herd path that leads to a series of scenic open ledges and some dramatic cliffs. The final climb is up to the summit of Weston Mountain which has excellent views of Lost Pond. Then we'll go steeply down the other side of Weston Mountain and pick up the marked trail again at the Biesemeyer lean-to. We'll follow the trail past the West side of Lost Pond, out past Gulf Brook lean-to and back to the O'Toole clearing. Round trip is approximately 5 miles.

ST. REGIS — *FIRE TOWER* — HIKE

Wednesday, July 21

Time: 6:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

Working on the Fire Towers? Join us on what J. P. Freeman's book reads is "a relatively short, steep climb" on a well maintained trail to the summit of St. Regis, which is near Paul Smith's college. Round trip 6.8 miles with an elevation gain of 1,266 ft. Please e-mail leader by the Monday before the hike for details and to sign up!

MOUNT JO HIKE

Saturday, July 24

Time: 8:00 a.m.

Rating: C+

Leader: John Devine — 518-260-4940 or johnd12839@gmail.com

This will be a hike up Mount Jo which is located on the Heart Lake property of ADK. This little summit provides one of the best views of the High Peaks. We'll meet at Panera Bread, Route 9, Glens Falls, NY. Call or e-mail for details or to sign up. Rain will cancel.

OLD FARM CLEARING LOOP HIKE

Saturday, July 24

Time: 9:00 a.m.

Rating: B-

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

We will start at the Old Farm Clearing trailhead (just past the 13th Lake trail) and hike past several small Adirondack Ponds. We will loop up to and hike to Balm of Gilead, very pretty view of 13th Lake then complete the loop back to Old Farm Clearing. This trip is about 8 or so miles of easy hiking. Meet at the trailhead at 9 a.m. or in Bolton Landing (parking lot across from lakeside Lodge) at about 8 a.m. Call or e-mail to confirm.

LINSEY MARSH HIKE

Saturday, July 24

Time: 10:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

The trailhead for Linsey Marsh is .5 mile north of Aiden Lairs old lodge on 28N heading to Newcomb. This hike will be a cool one because there are thick woods to keep the hot summer sun off our backs, excluding rain. Five miles round trip with little elevation change. See you there.

RAQUETTE LAKE CANOE AND CAMP

Saturday-Sunday, July 24-25

Time: 1:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

We could camp at Big Island, or Tioga Point, and explore the Marion River to the carry, or the Needles, or South Inlet to the falls (maybe even hike to the old Sagamore powerhouse) I'm open to suggestions. But later on, Sunday, we're paddling over to St. Williams on Long Point for their annual chicken barbeque, for sure! Paddle of 8-10 miles, at a moderate, unrushed pace. Anyone who wants only the barbeque may join us between 1-4 p.m. on Sunday. There is a free ferry from Raquette Lake village.

APPALACHIAN TRAIL NEAR WALLINGFORD, VT, HIKE

Sunday, July 25

Time: 7:00 a.m.

Rating: B

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

I thought I'd revisit the AT, and go basically east so we wouldn't waste a lot of time driving. I also don't want to go near Rutland or Manchester because I'm hoping to see a few through-hikers and do a little trail magic. We can hand out some sodas and cookies; it's a lot like feeding the bears at the zoo. They really appreciate it. We'll head south about five miles and then turn around and hike back.



***YMG* — AVALANCHE PASS HIKE**

Sunday, July 25

Time: 7:00 a.m.

Rating: B+

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

This hike is said to be one of the most spectacular hikes in all of the Adirondacks, so we will take our time and enjoy it! "Hitch-up Matildas" here we come! Round trip distance is about 10 miles without much elevation gain. Rain will cancel.

EVENING PADDLE

Tuesday, July 27

Time: time TBD, Rating: NR

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

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

HIGH PEAKS, STREET AND NYE HIKE

Saturday, July 31

Time: 6:00 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Coleader: Joe Murphy — 580-6302

We'll start from near the Loj parking lot and head up to the herd paths first to Nye then over to Street. Not the best views, but it's a day in the woods! Round trip about 8.8 miles. Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

CASCADE PEAK HIKE

Saturday, July 31

Time: 8:00 a.m.

Rating: A-

Leader: Reg Prouty — 518-747-9736

Cascade is described as about the easiest of all the Adirondack High Peaks, being about the same difficulty level as Hadley Mountain. It affords great views of other High Peaks and is a good one to start on if you think you might want to become an aspiring 46er. Round trip distance from the road is only 4.8 miles with a total ascent of 1,940 feet.

Trip reviews

Mo-Rodd Midweek Adventure, February 3, Maureen Coutant and Gary Rodd, 13 participants

- This was another one in our series of coffee walks. In trying to avoid the ice we headed to the streets of Lake George Village and we actually had to walk in the streets in many places to avoid the ice on the sidewalk! It was another beautiful day with gorgeous views and great company. We walked around the village for an hour or so and then wound up in the Bank Cafe for coffee and over to the LGA courthouse gallery to take in the exhibit. Still hoping for more snow! Participants: Maureen Coutant, Mike George, Ginger and Joe Kelterborn, Penny and Ray LoPresti, Licia Mackey, Becky Meath, Kathy Miller, Hal Rose, George and Irene Sammons, Edna VanDorsten.

LOJ — Upper Works, February 6, Steve Mackey

- I only got one confirmed call, and we also ended up going to Winter Camp, so the trip got canceled. However, I skied from the LOJ up to the Phelps turn off and conditions were really good. We also did a ski-snowshoe trip in January and skied into Flowed Lands and I was surprised how much uphill there was from Upper Works. If I schedule it again next winter, make sure you sign up for the southbound group.

Mo-Rodd Midweek Adventure, February 10, Maureen Coutant and Gary Rodd, 10 participants

- This week we decided to try to walk along the trail around Moreau Lake. The trail was icy and gave the stabilizers and yak traks a work out. It was actually easier walking on the lake and Mud Pond. We spotted a possible eagle ... or other large bird of prey. Also a very

large squirrel nest (maybe) off in the distance. We vowed to come back again and examine it a bit closer up. Participants: Maureen Coutant, Liz Gee, Mike George, Ginny and Joe Kelterbon, Sarah King, Penny and Ray LoPresti, Licia Mackey, Gary Rodd.

Mo-Rodd Midweek Adventure, February 17, Maureen Coutant and Gary Rodd, 6 participants

- This outing in Crandall Park presented many variables. Trail conditions had fresh, wet snow over a hard, icy base which resulted in the participants using varied techniques: nordic skis, snowshoes, micro-spikes, and yak traks. All participants remained in a relatively tight knit group on a morning that saw sun, clouds, and snow flurries. Participants: Chris Bourgeois, Kathy Miller, Licia Mackey, Liz Gee, Mike George, Gary Rodd.

Mo-Rodd Midweek Adventure, February 24, Maureen Coutant and Gary Rodd, 4 participants

- With iffy weather forecasts, we took advantage of an indoor option for exercise ... the free adult skate at the Glens Falls Recreation Center. Gary had to clean a mouse house out off his skate and dust them off. But Gary and Mike got their skating legs and balance back after a few spins around the rink. Participants: Maureen Coutant, Mike George, Licia Mackey, Gary Rodd.

Sawyer Mountain, February 27, Rich Myette, 5 participants

- A new snow had blanketed the mountain and snowshoeing was great. There was a light snow in the air. Even though no distant sights were available the beauty of the snow-covered trees and

Trip Reviews continued on next page



Trip reviews

rocks was satisfying. One of our group was on her first mountain snowshoe. Participants: Liz and Allen Gee, Marsha Noble, Scott Cooper, Rich Myette.

Mo-Rodd Midweek Adventure, March 3, Maureen Coutant and Gary Rodd

- This week we did something really different and went to Steve Mackey's Appalachian Trail Program as our outing! It was great to see and hopefully got us motivated for more outings to come! Participants: Too many to count!

Monday Geocache hike/walk, March 8, Maureen Coutant and Sarah King, 3 participants

- This was a great outing. It was a beautiful day with temps in the 40s, bright sunshine, and snow in places. We found four geocaches in the Stewarts Ledge area at the bottom of Pilot Knob. We taught Don a lot about geocaching and now he can get out there and enjoy his Christmas gift more! We also saw Frankenspine and had to do some bushwhacking after inadvertently following the road that was cut to get it set up! Participants: Maureen Coutant, Sarah King, Don Thorn.

Mo-Rodd Midweek Adventure, March 10, Maureen Coutant and Gary Rodd, 6 participants

- A brisk sunny day made our walk along the Harry Betar Walkway very enjoyable. Walkway conditions were mostly clear and wildlife sightings included one cardinal and a large number of migrating Canada geese resting along the riverbank. Participants: Virginia Carluccio, Mike George, Ginny and Joe Kelterborn, Becky Meath, Gary Rodd.

YMG — Fire Towers — Belfry and Poke-O-Moonshine, March 14, Jonathan Lane

- Canceled due to poor weather predictions.

Mo-Rodd Midweek Adventure, March 17, Maureen Coutant and Gary Rodd, 7 participants

- Ahh ... what a perfect St. Patrick's Day! To be out for a hike with the temps near 60 in the middle of March was wonderful! We hiked to the lookout on French Mountain, with landowner permission, and had a great time. We started with scones in the parking area and had a snack on top sitting in t-shirts, enjoying the view. There was a bit of snow and ice on the bike trail and at the very bottom of the trail, but after that, it was all gone. Participants: Maureen Coutant, Mike George, Sarah King, Licia Mackey, Bob Powell, Gary and Shar Rodd.

Merck Forest and Farmland Center hike/snowshoe, March 20, Ray Bouchard, 17 participants

- As it turned out snowshoes came in handy by the time we reached 2,200' elevation where we encountered about 8" of packed snow that softened as the day warmed up. After climbing up Antone Mountain we dropped down to a fairly new cabin called Ned's Place, for lunch. To finish up our 6-mile hike we dropped down to Beebe and Birch ponds before we headed back to the barns to

visit the animals. The two Suffolk work horses were an instant hit as they loved the carrots that people brought along. A short walk up the hill to the lambing pen wasn't quite as rewarding. Only one sheep had given birth recently to a cute, cuddly, black lamb but a glance at the others in the upper field suggested that more were due any day. Participants: Carolyn Cyr, John Synakowski, Rich Crammond, Margie Litwin, Reg Prouty, Susan Keely, Pam Fetcho, Jack Whitney, Sandy Yellen, Joanne Walczak, Therese Bosse, Shelly Burke, Erica Halbrook, John Whitney, Marsha Noble, Jim Dickson, Ray Bouchard.

Whiteface, March 20, Steve Mackey, 4 participants

- It was really hard to predict what kind of conditions we would find, the road was bare pavement right up to the ticket gate and then about two feet of mushy snow all the way to the summit. We wore snowshoes hoping to pack down a trail, but temperatures were mild and the sleds would move along slowly and then sink completely into the snow. We took the two slides as shortcuts to the top and Maria had to put on crampons on the really steep stuff. Good trip, but sledding was no thriller. Participants: Steve and Licia Mackey, Mike Fuller, Maria Rawson.

Winter High Peak, March 21, Jack Whitney, 5 participants

- A 50% chance of rain was forecast but five of us ventured forth to do the last winter peak of the season. We chose Cascade. It was snowing going up, which changed to a light rain. There were views from the first overlook to the surrounding High Peak area. We arrived at the junction, and there was still enough snow that someone had dug the sign out. When we arrived at the summit, we encountered snow and sleet and limited views. We decided to leave Porter for another day and headed back to our cars. Participants: Jayne Boudier, Erica Halbrook, Bob Buckley, Nancy Buckley, Jack Whitney.

Mo-Rodd Midweek Adventure, March 24, Maureen Coutant and Gary Rodd, 13 participants

- We had much better than expected weather and the wind died down once we were amongst the trees. Many had never explored the Queensbury XC trails and adjacent Rush Pond area. Everyone enjoyed the trails and the opportunity to be out on a much better than expected Spring Day! Participants: Virginia Carluccio, Maureen Coutant, Margaret Curtis, Mike George, Ginger and Joe Kelterborn, Sarah King, Licia Mackey, Becky Meath, Sandy Powell, Gary Rodd, George Sammons, Gretchen Stark.

Eleventh Mountain, March 27, Rich Myette, 9 participants

- A bright and sunny day accompanied our hardy group of happy bushwhackers. We steeply ascended the cliffs of Eleventh Mountain to clear views of the interior of the valley of the East Branch of the Sacandaga River and nearby mountains. After lunch at the lookout we ascended farther up Eleventh Mountain to more views. Participants: Jayne Boudier, John Synakowski, Mark Janey, Dianna Eckler, Scott Cooper, Erica Holbrook, Bob Buckley, Nancy Buckley, Rich Myette.



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+	Fairly Easy	1,000+	5-8	4-6
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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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.

