



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

Explore the North Country Scenic Trail

Mary Coffin, chair of North Country Trail team from Onondaga Chapter of ADK, will give us a presentation on the

Program

North Country National Scenic Trail in the Adirondacks. The presentation will be a mix of maps and pictures Mary has taken while scouting sections of the trail. We will learn about this 4,600-mile and seven-state National Scenic Trail and the planned route within the Adirondack Park as the trail makes its way from Black River Wild Forest to Crown Point. About 147 miles are planned for the Park with about half on existing trails.



© Mark Bowie

Annual Dinner set for October 7

Featured Presentation: Mark Bowie's Night Over the North Country

You are invited to share in an evening of friendship, fine fare and fantastic photography at the Annual Chapter Dinner on Friday, October 7, 2011. The evening will begin with cocktail hour at 6:00 p.m., followed by dinner at 7:00 p.m. at the Queensbury Hotel in downtown Glens Falls.

As autumn colors set fire to the landscape outside, enjoy the inspiring images of professional nature photographer and writer Mark Bowie in a special presentation of *Night Over the North Country*. This multimedia program captures the unimaginable beauty, mystery, awe and wonder of the

TO REGISTER

This year's Annual Dinner will be held at the the Queensbury Hotel in Glens Falls. All reservations are prepaid by mail. We do not take telephone reservations. Registration forms and menu choices will be in the September-November *Chepontuc* newsletter and also available online at www.adk-gfs.org after Labor Day.

Adirondacks at night.

Look for the reservation form and menu in the next issue of *Chepontuc Footnotes*. Members and non-members are welcome. We hope to see you there!

'NORTH COUNTRY
NATIONAL SCENIC TRAIL'

WHEN: 7 P.M., WEDNESDAY,
SEPTEMBER 28

WHAT: PRESENTATION
WITH MARY COFFIN

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM

Always more fun in a group

BY MAUREEN COUTANT

As many of you know, I try to lead an outing every week during the school year. This is a great way for me to get out and meet lots of ADK'ers, get some exercise, and see the seasons change. This past winter to summer was quite remarkable. We had plenty of snow to play in and I never used my snowshoes so much. Then all that snow melted with lots of rain to boot. This created amazing and locally catastrophic river flows. It was unbelievable to see homes/camps inundated by the Hudson River along a stretch near Hadley where I lead a paddle trip ever year. The rocks under Rockwell Falls where we stopped and had a picnic dinner last year were completely submerged. (We took pictures and video that we'll share in December at the "Slide Social" program). I led a paddle on Brant Lake and the water level there



CHAPTER CHAIR Report

*Haven't joined in on
the fun? What are you
waiting for?*

was very high. The night before, the Schroon River rose so high a campground had to be evacuated. Most of us aren't directly impacted by the high river levels, but I have a feeling we'll be indirectly impacted by a longer black fly season. They love moving water!

I hope you were able to join us on one of the Longest Day of the Year Event activities. This is an inaugural run! If you missed "the Event,"

look through the outings schedule to see if you can find another trip that interests you. In the summer, I spend more time on the water to avoid bugs and the heat. Maybe you try to outrun them on your bike? Or you just load up on bug spray and head out? Whatever your preference, it's always more fun to do it with a group. ADK'ers naturally are a friendly bunch, so don't be shy. Give a leader a call or send an e-mail and you won't regret it.

Chepontuc Footnotes

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

EXECUTIVE COMMITTEE

Officers:

Chair *Maureen Coutant*

22 Pinion Pine Lane., Queensbury, NY 12804
Phone: 745-7834 • E-mail: chapterchair@adk-gfs.org

First Vice Chair *Tricia Lockwood*

91 Bardin Road, Hudson Falls, NY 12839
Phone: 275-6054 • E-mail: vicechair1@adk-gfs.org

Second Vice Chair *Laura Fiske*

16 Barber St., Ballston Spa, NY 12020
Phone: 884-0345 • E-mail: vicechair2@adk-gfs.org

Secretary *John Caffry*

25 Wing St., Glens Falls, NY 12801
Phone: 798-0624 • E-mail: secretary@adk-gfs.org

Treasurer *John Schneider*

6 Nonchalant Dr., Saratoga Springs, NY 12866
Phone: 584-8527 • E-mail: treasurer@adk-gfs.org

Directors

Jonathan Lane
director1@adk-gfs.org
Laura Fiske
director2@adk-gfs.org
Linda Ranado
director3@adk-gfs.org

Past Chapter Chair *Heidi teRiele Karkowski*

25 Black Point Road, Ticonderoga, NY 12883
Phone: 585-7206 • E-mail: pastchair@adk-gfs.org

Committee Chairs:

Annual Dinner *Heidi teRiele Karkowski*

25 Black Point Road, Ticonderoga, NY 12883
Phone: 585-7206 • E-mail: pastchair@adk-gfs.org

Conservation *Jacki Bave*

14 Round Table Rd., Saratoga Springs, NY 12866
Phone: 587-3754 • E-mail: conservation@adk-gfs.org

Education *Linda Ranado*

18 Pine Ridge Road, Hadley, NY 12835
E-mail: education@adk-gfs.org

Hospitality *Gretchen Steen*

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: hospitality@adk-gfs.org

Membership *Pat Desbiens*

16A Rovanten Park, Ballston Lake, NY 12019
Phone: 899-9688 • E-mail: membership@adk-gfs.org

Newsletter/Editor *Jill Gruben*

Phone: 309-4198 • E-mail: newsletter@adk-gfs.org

Outings *Alison Darbee and Madeline Kowalik-Bova*

E-mail: outings@adk-gfs.org

Programs *Sarah King*

E-mail: programs@adk-gfs.org

Publicity E-mail: publicity@adk-gfs.org

Trails *Tom Ellis*

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: trails@adk-gfs.org

Website *George Sammons*

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

Wilderness *Jim Schneider*

30 Elizabeth Lane, Saratoga Springs, NY 12866
Phone: 581-9367 • E-mail: wilderness@adk-gfs.org

Young Members Group *Jonathan Lane*

547 Middle Line Road, Ballston Spa, NY 12020
Phone: 744-4594 • E-mail: ymg@adk-gfs.org

Welcome!

Welcome Sarah King! Sarah is our new Programs Chairperson. If you have been on a great adventure that you'd like to share with the Chapter, send her an email at: programs@adk-gfs.org. Or, if you've seen a program that you think might interest other Chapter members, pass along that information as well! Thanks.



Roger Fulton has joined the ranks of ADK Outings Leaders.

Welcome new Outings Leader!

Roger Fulton has been leading eco-tours and nature walks for more than 20 years, but he is a new leader with ADK.

He is the co-author of a series of outdoor trail guides for average people. His hikes are generally no more than five miles. He refers to himself as a “casual hiker.” He is a little crazier with his off road biking, but not too bad.

Fulton is generally a “flat water” canoeist and kayaker, and his books reflect that. “I want to stay dry,” he said. Anything outdoors interests him. He even has co-authored a couple of wildflower guides for the Lake George region.

He has never hiked a High Peak and has no intention of ever doing so. He exclaimed, “They get up too early in the morning for me.”

Fulton will lead treks on land or water, afternoon and evenings. Sign up for an outing!

Executive Committee meeting synopsis

May 4, 2011

- Mo stated that Sarah King has agreed to be the Programs Chair.

- Everyone should spread the word about the Slide Social planned for December — pictures should be sent to Steve Mackey

- Eric Ostrander, an Eagle Scout working on his Life Scouting Badge contacted Mo and Jonathan about putting up a new outhouse w/ a new pit at the Boquet River Lean-to on the way to Dix Mountain. He is planning to do this on June 11, the same day Jonathan has a hike planned to Dix. He is looking for volunteers to help carry materials in. There was discussion of having a second leader go on Jonathan’s hike and only hike into the lean-to and then back out for anyone who didn’t want to hike the entire mountain. Alert to be added to the website/newsletter/Facebook to put the word out for volunteers.

- Mo reporting for **Jacki Bave, Conservation Chair**, discussed the article in *The Post-Star* about the Lake George Land Conservancy regarding the land that was purchased with the intent to sell it to NYS. Our chapter was contacted to write a letter supporting the preservation of

the land. Jacki Bave is going to write the letter and possibly use some of our donations budget as support, \$100-\$200.

- Publicity Chair is still vacant; Bill Bechtel is still volunteering until someone is found.

- The Chapter received another check in memory of Alan Clark.

- **Jim Schneider, Wilderness Chair**, helped clear some of the Tongue Mountain trail. Neal Andrews took over for **Tom Ellis, Trails Committee Chair**, this year. Nineteen people helped with the trail maintenance.

- **Heidi teRiele Karkoski, Annual Dinner Chair**, reported that the Annual Dinner prices will be the same as 2008 — the last time it was held there.

- **Pat Desbiens, Membership Chair**, thanked those who volunteered at EMS Club Days. The Saratoga Sports & Fitness event was successful.

- **Jonathan Lane, Younger Members Chair**, reported that the Chapter Facebook page has about 60 friends and the YMG has about 56.

- **Linda Ranado, Education Chair**, stated that June 18 will be Camporee. She also stated that this may be the last year Queensbury School has their ADK day.

Vote for officers at dinner

Chapter members are asked to vote at the annual dinner at the Queensbury Hotel, Friday, October 7, 2011. The nominating committee has presented the following slate of officers for 2012.

Chairperson: Maureen Coutant
 1st Vice Chair: Tricia Lockwood
 2nd Vice Chair: Laura Fiske
 Secretary: John Caffry
 Treasurer: John Schneider

Please refer to the chapter website at www.adk-gfs.org for the biographies of these nominees. Additional nominations, in writing, may be submitted by any mem-

ber entitled to vote to Laura Fiske, chair of the Nominating Committee, by close of business, Friday, September 23, 2011. Such nominations must be signed by no fewer than twelve voting members. In the event that there is more than one candidate for any given office, at the annual meeting the Secretary shall furnish a ballot containing the names of all nominees, arranged in alphabetical order, as candidates for each office. This ballot shall be the exclusive means of voting for officers and Directors. The successful candidate for each position shall be determined by a simple majority of the votes cast.



New members

GF-S CHAPTER

New members to the GF-S Chapter:

March 2011

- Tomas Commito Atty, Montpelier, Vermont
- Natalie Babij, Saratoga Springs
- Lisa, Chris & Alex Brockett, Gansevoort
- Victor, Linda & James Bye & Dylan Power, Gansevoort
- Jason Christopher, Saratoga Springs
- Jennifer Comish, Glens Falls
- Jessica Cronin, Hudson Falls
- Andrew DelSignore, Queensbury
- Michael Delsignore, Malta
- Sarah Hulme, Clifton Park
- Tara Kilmartin, Queensbury
- Lisa, Thomas, Brent Popp, Johnsville
- Ralph & Nicolas Rimualdo & Alissa Vesterby, Saratoga Springs
- Mike Snyder, Queensbury
- Sean & Aria Spiegel & Jackie Stroffolino, Glens Falls
- Donald Washburn, Galway
- Mary Woodcock, Latham

Rejoined Members

- Charles & Mary Finn, Saratoga Springs
- Tim Holmes, Greenwich
- Ann Hunt, Glens Falls
- Laurie Newcomer, Ballston Spa

April 2011

- Jane Agee, Saratoga Springs
- Gail, Craig, Maegan & Heather Aldous, Ballston Spa
- Amanda Beck, Bronxville, New York
- Jean Benvenuto, Potsdam, New York
- Patricia Brennan, Saratoga Springs
- Amanda Brinton, Schenectady
- Timothy, Jennifer, Brenden & Garrett Brogan, Ballston Spa
- Jean, Ronney & Nicole Bureau, Lake George
- Joseph Caran, Gansevoort
- Michael & Jennifer Casavant, Greenfield Center
- Alex & Kathleen Chaucer, Middle Grove
- Tim Connors, Saratoga Springs
- Ashley Crawford, Saratoga Springs
- Gary Daluisio, Gansevoort
- Nicholas Davis, Ballston Spa
- Lorraine Del Rosso, Ballston Lake
- Jennifer Ferriss, Saratoga Springs
- Barbara & Rob Festa, Poultney, Vermont
- Caryn, Greg, Nick & Sydney Fuller, Queensbury
- Betty & Paul Gancher, Glens Falls
- Catherine & Jesse Gorczynski, Clifton Park

- Kyle Gorczynski, Clifton Park
- Debra, Thomas & Kurt Graff, Queensbury
- Howard & Julietta Gries, Greenfield Center
- Pat & Gordy Hamilton, Pottersville
- Ruppert B & Janice V Harris, Cambridge
- Michael, Theresa, Christina & Michael Haugen, Clifton Park
- E & Carolyn Hoffman, Gansevoort
- Amber Hougham, Hudson Falls
- David & Sue Hubbard, Saratoga Springs
- Debbie Hummel, Porter Corners
- Richelle Ives; Peter Archard; Emilee & Zachary Lehmann, Greenwich
- Ken & Suzannah Knapik, Queensbury
- John Lawrence, Clifton Park
- Jessie Lynch, Hudson Falls
- Antonio Mera, Northville
- Gina, John & Max Miller, Kattskill Bay
- Michael Miller, Galway
- Carol & Dana Newhouse, Ballston Spa
- Sheila Quinn, Saratoga Springs
- William, Donna & William Roberts, Queensbury
- Jan Roth, Saratoga Springs
- Tom Shea, Saratoga Springs
- Connie & John Smith, Gansevoort
- Greg & Lynn Stephens, Porter Corners
- C.J. Stevens, Melrose, New York
- Mark Torpey, Saratoga Springs
- Sarah, Jim & Maureen Tucci, Saratoga Springs
- William Tullock, Gansevoort
- Nicholas Urbonowicz & Kelly Thompson, Baltimore, Maryland
- Ravi Verma, Saratoga Springs
- Charles Wanko, Schaghticoke
- Stephen Warde, Schroon Lake
- Kara, Kevin, Meghan & Jackie Whitehead, Clifton Park
- Elizabeth Whitman, Saratoga Springs
- Steve Wojcik, Fort Ann
- John Zeller, Malta

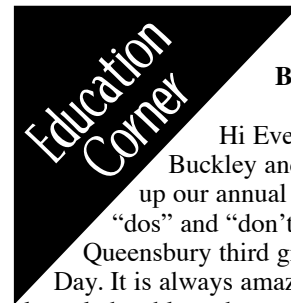
Rejoined Members:

- Carol Atwater & Thomas Williams, Ballston Spa
- Heather & Tyler Benson & David Zuka, Glens Falls
- Belinda Bradley, Glens Falls
- Elizabeth Bruyere, Saratoga Springs
- Matthew Campbell, Glens Falls
- William & Patricia Keating, Greenwich
- Peter Lefco, Ballston Lake
- Edward Martone, Saratoga Springs
- Scott & Jacqueline Roberts, Saratoga Springs
- Jim Scribner, Gansevoort
- William & Carol Snyder, Lake George

Send in photos for 'slide social'

We're dusting off a program from the past and upgrading it! Every December we used to invite members to bring some slides (and yes they were actually slides that went into a slide projector) of their adventures from the past year to share with the group. We also invited members to bring some Christmas cookies to share! It was a great way to get ideas for places that you'd like to visit either near or far. Seeing slides from a trip across Katahdin's Knife Edge in Maine inspired Mo and her husband to take a trip there. (See photograph on the website!)

Steve Mackey has offered to collect the photos and put them together for the "slide" presentation this December. Just e-mail some of your favorite photos from ADK outings, your own outdoor adventures during the year, or flora/fauna shots to Steve at smackey33@verizon.net. Please limit your submissions to 5 to 10 photos.



By Linda Ranado

Hi Everyone! Nancy Buckley and I just wrapped up our annual day of hiking "dos" and "don'ts" as part of the Queensbury third grade Adirondack Day. It is always amazing to see how knowledgeable and concerned so many of these youngsters are. A big thank you goes out to the 3rd graders, their teachers, administrators and all else who put this special day on and make it so enjoyable for presenters like Nancy and myself as well. Our next stop will be in Galway on June 18th for the Girl Scout Camporee and a day of educational outdoor hiking/scavenger hunting. Other than that, we look forward to hearing back from those we sponsored for the various camperships this summer and wish them the best of times. Remember to all, we are available to do the same or something similar for your group, too!



2012 Chapter Winter Weekend at Heart Lake

The Chapter will hold its 2011 Winter Weekend at the Wiesel Trails Cabin at Heart Lake from Friday, February 10, 2012, to Monday, February 13, 2012.

From the cabin, we will be able to cross-country ski and snowshoe to many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await your snowshoes. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mount Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Dinners and breakfast coffee are included in the price. The Wiesel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 persons in four four-person bunkrooms.

In many of our past years, we have had one or more persons finishing their Winter 46 during this weekend. We may possibly have one or two finish that quest next February.

The rate for the weekend should be no more than \$100 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of \$100 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, NY 12866. Call 518-584-8527 for more details. Reservations are on a first-come, first-serve basis. If we fill all 16 spots, we will maintain a short waiting list. The past four years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

Becky Mosher, our executive chef for more than 20 years of Chapter Winter Weekends, retired after the 2010 Winter Weekend. Although she still plans on attending, we must find new volunteers to plan and execute dinners. The kitchen is quite small, and if all of us made our own dinners would cause quite a bottleneck. Thus, we are looking for volunteers to handle this important part of the weekend.

Do not wait until the last minute to make your reservations. The past few years, we had a number of persons who thought they were registering early enough, only to find out that the reservations were full, and they had to be wait-listed.

Enjoy your summer, but think of the Chapter Winter Weekend 2012.

And the winners are ...

Our first winners of the opt-out raffle are Michelle and Ray Hudson! Congratulations on your win of an ADK fleece vest! Have you Opted-Out today? Get your Chepontuc online! Go to www.adk-gfs.org and do it NOW! You could win, too!

Pharaoh Lake lean-to burned

The Pharaoh Lake Lean-to #6 burned to the ground. Wilderness Chair Jim Schneider discovered the awful scene on his inspection tour on May 8, 2011. The lean-to site is located on the north shore of Pharaoh Lake. From the Beaver Pond Road/Mill Brook trailhead, the lean-to area is the first one you encounter going up the left side of the lake after crossing the outlet bridge. A video shot by the lean-to caretaker can be found at www.youtube.com/watch?v=pgU4fEj3xv0 If you have any information, please fill out our form or contact DEC directly.

Pharaoh Lake Wilderness Area News:

Have you hiked in the Pharaoh Wilderness Area? If you haven't what you will find are beautiful lakes and ponds, quiet solitude, great backpacking, easy walking, and delightful swimming. And when you come back, let us know what you found. We are particularly interested in flowers, animals, trail and lean-to conditions, and just about anything notable either good or bad. Your Glens Falls-Saratoga ADK Chapter has adopted the entire Pharaoh Lake Wilderness Area.

Use this simple form as a guide to report back to us:

Unusual animals: _____

Unusual plants: _____

Trail conditions (blowdown, beaver activity, signs missing or incorrect, etc.): _____

Lean-to conditions: _____

Other: _____

Please mail your report to:
Pharaoh Lake Wilderness Area
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, NY 12801



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 alternate between Crandall Public Library in Glens Falls and Saratoga Springs Public Library. Future Programs: September 28. **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: September 7. **Outings Committee Meetings:** TBD.

July		Outing Type	Destination	Leader/Contact	Rating
3	Sun	Hike	Mount Marcy	Joe Murphy, Ray O'Conor	A+
4	Mon	Hike	"Trail-gating" Pillsbury Mountain — *Fire Tower*	Jonathan Lane	B
5	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
9	Sat	Hike	High Peak, Redfield	Alison Darbee	A+
9	Sat	Hike	Rogers Rock	Neal Van Dorsten	B-
9	Sat	Paddle	Hudson River Paddle	Dave Avigdor, Joy Muller-McCoola	NR
10	Sun	Hike	Table Top and Phelps High Peaks	Bill Carpenter	A+
10	Sun	Walk/Hike	Hudson Pointe Nature Preserve	Roger Fulton	C
12	Tue	Paddle	Hudson River Paddle	Dave Avigdor, Joy Muller-McCoola	NR
14	Thu	Hike	Pilot Knob Gazebo	Neal Van Dorsten	C
16	Sat	Hike	Blueberry Pancake Hike	Maureen Coutant, Jim Coutant	B-
16	Sat	Hike	Hour Pond	Rich Crammond	B
16	Sat	Paddle/Camp	Rainbow Lake	Jayne Boudier	A
17	Sun	Hike	Armstrong & Upper Wolf Jaw	Lorraine MacKenzie	A+
17	Sun	Walk/Hike	Betar Byway, South Glens Falls	Roger Fulton	C-
18	Mon	Geocache	Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
19	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
23	Sat	Hike	Colden	Bill Morse	A+
23	Sat	Paddle/Camp	Raquette Lake	Jayne Boudier	A
24	Sun	Hike	Phelps Mountain	Joe Murphy	A+
26	Tue	Paddle	Hudson River evening paddle	Dave Avigdor, Joy Muller-McCoola	NR
30	Sat	Hike	*YMG* — Mount Marshall — High Peak	Jonathan Lane, Kiki Kelly	A
31	Sun	Hike	Mount Ellen & Mount Abraham (Green Mountains)	Joe Murphy, Alison Darbee	A
August					
2	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
6	Sat	Hike	Skylight	Ellen DuBois	A+
7	Sun	Bike	Feeder Canal Trail to Coopers Cave and Return	Roger Fulton	C
7	Sun	Hike	Gothics and Sawteeth	Lorraine MacKenzie	A+
12	Fri	Bike	Lake George Bike Path	Neal Van Dorsten	C+
13	Sat	Hike	Goodnow Mountain — *Fire Tower*	Rich Crammond	B-
14	Sun	Hike	*YMG* — Street & Nye — High Peaks	Jonathan Lane, Andrew Benaquista	A
15	Mon	Geocache	Monthly Monday Geocache	Maureen Coutant	NR
16	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
21	Sun	Hike	Denton Wildlife Sanctuary, Schuylerville, NY	Roger Fulton	C+
27	Sat	Hike	*YMG* — Peaked Mountain Pond & Peaked Mountain	Jonathan Lane	B
28	Sun	Hike	Colvin and Blake	Lorraine MacKenzie	A
30	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
September					
3	Sat	Hike	Macomb, South Dix, East Dix	Bill Morse	A+
4	Sun	Hike	Pilot Knob Ridge Preserve	Roger Fulton	B-
10	Sat	Other	Lost Gorge Bushwack	Jayne Boudier	A
11	Sun	Hike	Algonquin and Iroquois High Peaks	Bill Carpenter	A+
17	Sat	Hike	Snowy Mountain *Fire Tower*	Rich Crammond	A-
18	Sun	Hike	5th Peak Lean-to — Tongue Mountain Range	Lorraine MacKenzie	B
18	Sun	Walk/Hike	Coles Woods — Fall Wildflower Trek — Glens Falls	Roger Fulton	C
24	Sat	Hike	*YMG* — Cliffs and Falls	Jonathan Lane	B+
25	Sun	Hike	Big Slide Mountain	Bill Carpenter	A+
28	Wed	Program	North Country National Scenic Trail in the Adirondacks	Sarah King	NR



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.*

MOUNT MARCY HIKE

Sunday, July 3
Time: 5:45 a.m.
Rating: A+

Leader: Joe Murphy — 518-580-7618, jmurphy@skidmore.edu
Colead: Ray O'Connor — 518-583-0354 or moconn14@nycap.rr.com
We will meet at Panera Bread off Exit 19 at 5:45 a.m. We will then travel to the Adirondack Loj and take the blue trails past Marcy Dam to Mount Marcy. Approximately 15 miles round trip.

"TRAIL-GATING" PILLSBURY MOUNTAIN *FIRE TOWER* HIKE

Monday, July 4
Time: 7:30 a.m.
Rating: B

Leader: Jonathan Lane — 744-4594, saratogahiker@infogorp.com
Let's celebrate Independence Day with a nice Fire Tower hike, then a BBQ at the trailhead — "trail-gating"! The trail up Pillsbury is a short, yet strenuous climb. Distance is about 3.2 miles round trip with an elevation gain of 1,337 ft. Food donation is \$5/person. Please sign up by Saturday, July 2. Rain may cancel.

EVENING PADDLE

Tuesday, July 5
Time: TBD
Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@adk-gfs.org
Depending on the weather, this trip may get moved to later in the week, so be sure to check with me if Tuesday is looking iffy! I generally pick somewhere within a half-hour of Glens Falls, since we have limited daylight for our evening paddles. We frequently paddle sections of the Hudson River, as we need to go where we'll have plenty of parking to accommodate about 10 cars. Call or e-mail Sunday before the trip for the details!

HIGH PEAK, REDFIELD HIKE

Sat, July 9
Time: 5:30 a.m.
Rating: A+

Leader: Alison Darbee — darbear@gmail.com
This will be another fast-paced hike with little dawdling. We will start the hike from the Loj Parking lot. Round trip will be about 17 miles or so. If we have a fast enough paced group and time/conditions/emotions/fatigue, etc., dictate I will think about our group going up for Cliff, but please do not count on also getting Cliff today. Please e-mail leader by the Thursday before the hike for details and to sign up.

ROGERS ROCK HIKE

Saturday, July 9
Time: 9:00 a.m.
Rating: B-

Leader: Neal Van Dorsten — 644-9453, nealvan@aol.com
This hike is short but fairly steep. The path up offers easy places to traverse the steep areas. The view from the top is fantastic and affords wonderful views of Lake George, both north and south. If weather permits, bring your suits for a quick swim after. We will meet in Bolton Landing at Son of a Sailor restaurant at 9:00 a.m. Total hike time is only about 1.5 hours round trip, but allow about three or so for the whole trip. Call or e-mail if you are attending.

HUDSON RIVER PADDLE

Saturday, July 9
Time: 9:00 a.m.
Rating: NR

Leader: Dave Avigdor — 654-6609, davigdor@mac.com
Colead: Joy Muller-McCoola — 792-2683 or McCoola4@msn.com
This is part of our July Hudson River paddle series. We'll spot cars and then start in Thurman (just west of Warrensburg) and paddle with the current down to a take-out above Rockwell Falls in Lake Luzerne. This will be a long day out with the shuttles and the paddle, but it should be a fun float downstream all the way! This is by far the longest section that we'll be doing. The rest of the trips will be on Tuesday evenings in July. Call or e-mail to sign up and get more information!

TABLE TOP AND PHELPS HIGH PEAKS HIKE

Sunday, July 10
Time: TBD
Rating: A+

Leader: Bill Carpenter — 793-5506
Nice day in the mountains. Two more High Peaks for those working on them. Moderate pace.

HUDSON POINTE NATURE PRESERVE WALK/HIKE

Sunday, July 10
Time: 3:00 p.m.
Rating: C

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com
This is a little-known set of trails along the Hudson River near Exit 18 of I-87 (Glens Falls/Corinth.) We'll cover about 2 miles of shoreline, in a loop if the water is low enough. Otherwise we'll just explore the trails of this preserved natural area adjacent to a very nice housing development. Call or e-mail Roger for a reservation and directions. Limited to 12 adults.



HUDSON RIVER PADDLE

Tuesday, July 12

Time: 5:30 p.m.

Rating: NR

Leader: Dave Avigdor — 654-6609, davigdor@mac.com

Colead: Joy Muller-McCoola — 792-2683, McCoola4@msn.com

In celebration of the 11th Annual Great Hudson River Paddle, Joy and David will be leading some evening paddles on sections of the Hudson River during July. On the opposite weeks, Mo's evening paddles will also be on the Hudson. We hope to do consecutive sections from north to south during the month. Please e-mail or call the Sunday before for details. A bad forecast may move it to another evening.

PILOT KNOB GAZEBO HIKE

Thursday, July 14

Time: 9:00 a.m.

Rating: C

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

A nice stroll up to the Gazebo on Pilot Knob, great views of southern Lake George, then on to the waterfalls. This is a pretty hike and easy walking, with only a short climb at the start. Allow 3.5 hours round trip. Meet at Vero Cafe in Lake George, or the trailhead. Call or e-mail leader.

BLUEBERRY PANCAKE HIKE

Saturday, July 16

Time: 9:00 a.m.

Rating: B-

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

Colead: Jim Coutant — 745-7834 or mojim@roadrunner.com

The date is a bit tentative depending on whether the blueberries are ripe this weekend! We plan to hike a trail known for having good berries and picking some on the way up. Once we get to a clearing with a nice view (and we have enough blueberries), we pull out our backpacking stoves, ready-made pancake mix, syrup, and plates and get cooking! We plan to have it be a 5-mile or less round trip so that it can be a kid-friendly outing! Call or e-mail to check to see if the berries are ripe and get the details!

HOOR POND HIKE

Saturday, July 16

Time: 9:00 a.m.

Rating: B

Leader: Rich Crammond — 584-2380

Meeting place will be at the Grand Union in North Creek Village Route 28. Hour Pond is one of the most attractive of the 67 ponds in the Siamese Ponds Wilderness area. Hike is approximately 8.6 miles round trip from the Old Farm Clearing trailhead, with little elevation change. See you there.

RAINBOW LAKE PADDLE/CAMP

Saturday, July 16

Time: 12:00 p.m.

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.

ARMSTRONG & UPPER WOLF JAW HIKE

Sunday, July 17

Time: 7:00 a.m.

Rating: A+

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

We will be accessing the Beaver Meadows Trail via the Ausable Club to summit Armstrong then cross the mile over to Upper Wolf Jaw to return on the Wedge Brook Trail. Maximum distance will be 11 miles, with elevation gain of 3,700 feet. Rain cancels.

BETAR BYWAY, SOUTH GLENS FALLS WALK/HIKE

Sunday, July 17

Time: 3:00 p.m.

Rating: C-

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com

This is a very casual walk along the Hudson River in South Glens Falls. The first mile is paved, then a short hill and another .5 miles of flat stone dust trail. Bring a snack to enjoy at the scenic overlook. Return via the same route. About 2.5 miles total. Call or e-mail Roger for a reservation and directions. Limited to 12 adults.

MONTHLY MONDAY GEOCACHE

Monday, July 18

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@adk-gfs.org

Colead: Sarah King

Each month we explore an area looking for new caches that have been hidden. We sometimes do fairly flat walks or hike up a mountain. Geocaching is another activity to do while you're out and about. You use a GPS to find hidden treasures. Even if you're not a "cacher," it's fun to come along and get out in the woods. Call or e-mail a few days before to find out where we'll be going.

EVENING PADDLE

Tuesday, July 19

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@adk-gfs.org

See July 5th.



COLDEN HIKE

Saturday, July 23

Time: 7:00 a.m.

Rating: A+

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

Twelve-mile round trip from the Loj with an elevation gain of 2,500+. Good views from the top so bring your camera as well as your lunch. Meet at 7 a.m. at Exit 29 Frontier town parking lot.

RAQUETTE LAKE PADDLE/CAMP

Saturday, July 23

Time: 1:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

We could camp at Big Island, or Tioga Point, 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 could be stopping at Long Point to visit the historic St. Williams church on the day of their annual chicken barbeque! This will be 8-10 miles, at a moderate, unrushed pace. Anyone just interested in St. Williams can get there between 1-4 p.m. on Sunday as there is a free ferry from Raquette Lake village.

PHELPS MOUNTAIN HIKE

Sunday, July 24

Time: 6:45 a.m.

Rating: A+

Leader: Joe Murphy — 518-580-7618, jmurphy@skidmore.edu

We will meet at Panera Bread off Exit 19 at 6:45 a.m. We will then travel to the Adirondack Loj and take the blue trail past Marcy Dam to the red trail to go up Phelps. Approximately 9 miles round trip.

HUDSON RIVER EVENING PADDLE

Tuesday, July 26

Time: 5:15 p.m.

Rating: NR

Leader: Dave Avigdor — 654-6609, davigdor@mac.com

Colead: Joy Muller-McCoola — 792-2683 or McCoola4@msn.com

In celebration of the 11th Annual Great Hudson River Paddle, Joy and David will be leading some evening paddles on sections of the Hudson River during July. On the opposite weeks, Mo's evening paddles will also be on the Hudson. We hope to do consecutive sections from North to South during the month. Please e-mail or call the Sunday before for details. A bad forecast may move it to another evening.

***YMG* — MOUNT MARSHALL — HIGH PEAK HIKE**

Saturday, July 30

Time: 6:00 a.m.

Rating: A

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

Colead: Kiki Kelly

This is a beautiful hike surrounded by history. We'll hike in from the Upper Works to Flowed Lands, then continue to the "trail-less" summit. Round trip distance of approximately 14 miles. Moderate pace with lots of photo opportunities. Rain will cancel.

MOUNT ELLEN AND MOUNT ABRAHAM (GREEN MOUNTAINS) HIKE

Sunday, July 31

Time: 6:00 a.m.

Rating: A

Leader: Joe Murphy — 518-580-7618, jmurphy@skidmore.edu

Colead: Alison Darbee — darbear@gmail.com

We will meet at Panera Bread off Exit 19 at 6:30 a.m. We will then travel across state lines to visit the Green Mountains and hike Mount Ellen and Mount Abraham. Please contact leaders by the Friday before the hike for details and to sign up.

EVENING PADDLE

Tuesday, August 2

Time: time TBD

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@adk-gfs.org

See July 5th.

SKYLIGHT HIKE

Saturday, August 6

Time: 7:00 a.m.

Rating: A+

Leader: Ellen DuBois — 518-798-4531, etdubois@netzero.net

Skylight from Adirondack Loj. Approximately 18 miles round trip.

Optional: addition of Haystack via Panther Gorge if participants would like to try it. Meet at Noonmark Diner at 7:00 a.m. Call or e-mail the Thursday prior to the hike.

FEEDER CANAL TRAIL TO COOPERS CAVE AND RETURN BIKE

Sunday, August 7

Time: 3:00 p.m.

Rating: C

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com

We will follow the old canal towpath (stone dust) from where the Feeder Canal begins, down two miles to Glens Falls, and across the Hudson River bridge to South Glens Falls and the Coopers Cave overlook. We'll rest and snack in a very nice park. Then we'll return via the same route. In total, about 5 miles of flat terrain. Recommend a hybrid or mountain-style bike. Call or e-mail Roger for a reservation and directions. Limited to 12 adults. Helmets required.

GOTHICS AND SAWTEETH HIKE

Sunday, August 7

Time: 7:00 a.m.

Rating: A+

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

Gothics via Pyramid is one of the most beautiful hikes I have experienced in the Adirondacks. Adding Sawteeth to the mix makes it even more magnificent. Keep in mind, like most things worth doing it comes with a price — 14 miles round trip with 4,300-foot elevation gain. Rain cancels.



LAKE GEORGE BIKE PATH

Friday, August 12

Time: 9:00 a.m.

Rating: C+

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

We will meet at the Lake George Steamboat Dock and proceed along the beautiful Lake George Bike path to the Canal path and on to Hudson Falls. This is a really pretty trip and on the return we can do an optional lunch stop at the new Coopers Cave restaurant in South Glens Falls. We will go at an easy pace and leave no one behind. Total distance about 32 miles with relatively flat terrain. It's a very nice ride! E-mail or call to sign up.

GOODNOW MOUNTAIN FIRE TOWER HIKE

Saturday, August 13

Time: 9:00 a.m.

Rating: B-

Leader: Rich Crammond — 584-2380

This will be a 3.8-mile round trip hike with an ascent of 1,040 feet. Elevation at the summit is 2,690 feet. Easy pace. Meeting time is at 9 a.m. at the 28N, Goodnow Fire Tower Trail head in Newcomb. Please call leader for details and to sign up. See you there.

YMG — STREET AND NYE — HIGH PEAKS HIKE

Sunday, August 14

Time: 7:00 a.m.

Rating: A

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

Colead: Andrew Benaquista

Who's ready for a couple "trail-less" High Peaks? This is a nice hike with a small river crossing (bring water shoes, in case the water is high). Approximately 8 miles round trip with 2,400' elevation change. Rain will cancel.

MONTHLY MONDAY GEOCACHE

Monday, August 15

Time: time TBD

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@adk-gfs.org

Each month we explore an area looking for new caches that have been hidden. We sometimes do fairly flat walks or hike up a mountain. Geocaching is another activity to do while you're out and about. You use a GPS to find hidden treasures. Even if you're not a "cacher," it's fun to come along and get out in the woods. Call or e-mail a few days before to find out where we'll be going.

EVENING PADDLE

Tuesday, August 16

Time: time TBD

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@adk-gfs.org

See July 5th.

DENTON WILDLIFE SANCTUARY, SCHUYLerville HIKE

Sunday, August 21

Time: 3:00 p.m.

Rating: C+

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com

The Nature Conservancy allows this sanctuary to be used for hiking, birdwatching and environmental education only. We'll do all three on this trek. We'll cover about two miles of wooded trails, exploring an abandoned beaver dam and pond along the way. Long pants and long sleeves recommended. Bug spray recommended. Call or e-mail Roger for reservations and directions. Limited to 12 adults. Heavy rain cancels.

YMG — PEAKED MOUNTAIN POND & PEAKED MOUNTAIN — HIKE

Saturday, August 27

Time: 7:30 a.m.

Rating: B

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

Whether you're young or young at heart, come enjoy a nice day trip to a pretty pond and rocky summit. Approximately 7.2 miles round trip with an ascent of 1,245 feet. Rain may cancel.

COLVIN AND BLAKE HIKE

Sunday, August 28

Time: 7:00 a.m.

Rating: A

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

The trek through the Ausable Club to Mount Colvin is picturesque. We will take the trail alongside Gill Brook, past Indian Head and Fish Hawk Cliffs then up to the summit where beautiful views are to be had. The trip over to Blake, however, leaves much to be desired. But, for those working on the 46, it needs to be climbed. The total mileage is just under 14 miles, 6 of which is on the road. Elevation gain is about 3,800 feet, 1,000 of which is traveling to and from Blake. Pace will be moderate. Rain cancels.

EVENING PADDLE

Tuesday, August 30

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@adk-gfs.org

See July 5th.

MACOMB, SOUTH DIX, EAST DIX HIKE

Saturday, September 3

Time: 7:00 a.m.

Rating: A+

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

We will go up the slide on Macomb and head over to South and East then return via the Lillian Brook Trail. Bring plenty of food and your camera. We will meet at 7 a.m. at Exit 29 Frontier Town Parking lot. I have had to cancel this hike twice in the last 6 months due to illness, but I will be good to go for this trip.



PILOT KNOB RIDGE PRESERVE HIKE

Sunday, September 4

Time: 3:00 p.m.

Rating: B-

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com
More difficult than my other recent hikes, this will get your attention as you hike up about 600 feet in about .6 miles. That'll get your blood pumping! But you'll be rewarded with a great view of Lake George from the gazebo at the top. Consider it a "moderate" hike of about 1.5 miles round trip. You should be in reasonable condition for this hike. Call or e-mail Roger for a reservation and directions. Limited to 12 adults. Heavy rain or thunderstorms cancel.

LOST GORGE BUSHWACK

Saturday, September 10

Time: 7:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

The gorge is full of user-friendly rocks, crystal pools, and falling water. We'll hike seven miles (half of them trail-less), and 1,100 feet of ascent, at an unhurried to moderate, "let's take all day" pace. North Boquet River, Dix Mountain Wilderness.

ALGONQUIN AND IROQUOIS HIGH PEAKS HIKE

Sunday, September 11

Time: TBD

Rating: A+

Leader: Bill Carpenter — 793-5506

Here is your chance to get two more High Peaks, or just a nice day on the mountains! If time permits, and someone also needs Wright Peak, the possibility to hike it may be open. We'll go at a moderate pace.

SNOWY MOUNTAIN FIRE TOWER HIKE

Saturday, September 17

Time: 8:00 a.m.

Rating: A-

Leader: Rich Crammond — 584-2380

This will be a 7.8-mile round trip hike with an ascent elevation change of 2,106 feet. The summit is at 3,899 feet. Dress for the weather and bring a head lamp or flash light or both. This is a rugged hike for sure, but we can get 'er done! Meeting place will be at 8:00 a.m. at Grand Union in the Village of North Creek. We will carpool from there. Hike is in the Indian Lake area. Please call leader for details and to sign up. See you there!

5TH PEAK LEAN-TO, TONGUE MOUNTAIN RANGE HIKE

Sunday, September 18

Time: 8:00 a.m.

Rating: B

Leader: Lorraine MacKenzie — 791-9794, otczone@aol.com
Autumn in Lake George is a wonderful experience. This 5-mile round trip is a great way to get beautiful views of the lake without much effort. Elevation gain is only 1,500 feet. Rain cancels.

COLES WOODS FALL WILDFLOWER TREK

Sunday, September 18

Time: 3:00 p.m.

Rating: C

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com
Several miles of trails criss-cross this urban oasis near Glens Falls. We'll cover about 1.3 miles at a leisurely pace exploring nature and the remaining fall wildflowers. Call or e-mail Roger for a reservation and directions. Limited to 12 adults. Heavy rain or thundershowers cancel.

YMG — CLIFFS AND FALLS HIKE

Saturday, September 24

Time: 7:30 a.m.

Rating: B+

Leader: Jonathan Lane — 744-4594, saratogahiker@infogorp.com
Fish Hawk Cliffs, Indian Head, Rainbow Falls, and Beaver Meadow Falls. Wow, this is going to be an awesome hike! Each an incredible destination by itself, but together should make for quite a memorable day. Approximately 10 miles round trip at a comfortable pace, with just enough elevation gain to get your blood pumping. Rain will cancel.

BIG SLIDE MOUNTAIN HIKE

Sunday, September 25

Time: TBD

Rating: A+

Leader: Bill Carpenter — 793-5506

Here is your chance to get another High Peak or have a nice day on the mountain. Moderate pace.

Rent bear-proof food storage containers

8.8" dia. X 12" long, weight 2.7 lbs.

Designed to slip into camper's backpack; holds approximately 6 person-days of food. These bear-proof canisters are required in the Eastern High Peaks Zone.

Additionally, they are always important to use on any backcountry overnight adventure to any backpacking or canoe camping destination. No more bear bag follies. They're also pine marten-proof!

Rental Rates:

1-3 days \$5.00

4-7 days \$10.00

Please call Jim Schneider, 581-9367, (Saratoga Springs) or Randy Glenn, 792-7104 (Glens Falls) to reserve your rental canister or for more information.

Rentals are available exclusively to ADK Glens Falls-Saratoga.



Almost April Fools hike, Saturday, April 2, Gary Rodd, 11 participants

- A beautiful sunny day made for a perfect day with a very congenial group! The trail was clear of ice and snow and not much mud. Wildlife was abundant: turkeys, wood frogs, one bluebird, peepers, deer, red tailed hawk and garter snakes were spotted. The trip leader was mistaken for a triple-crested, green-breasted, large throated warbler! Participants: Laurie LaFond, David Delcourt, Mark Small, Melody and Randy Howarth, Liz Gee, Sue Bobbitt, Rich Crammond, Ginger and Joe Kelterborn, Gary Rodd.

Off the Map, Sunday, April 3, Jean Holcomb, 6 participants

- The location on this hike was changed because the informal parking at Northwest Bay was still under snow cover. A bad year for clearing parking areas! Instead we went to Berry Pond which is a new jewel in the Lake George Land Conservancy treasure chest. This hike, newly marked, starts at the Lake George Village Rec Area and leads over two loops. The blue loop goes uphill to a lovely view of Lake George while the orange loop goes around Berry Pond which features beavers, a heron rookery and bog plants. Check out this summer destination! Our group enjoyed a relaxed pace and beautiful weather with plenty of picture taking. Participants: Marcia Hanson, Gina Miller, Pat Desbiens, Dan Monroe, Ray Bouchard, Jean Holcomb.

Midweek Jaunt, Tuesday, April 5, Maureen Coutant, 5 participants

- A small group of us braved the light rain to get some exercise on the Harry Betar Walkway along the Hudson River in South Glens Falls. We saw a pileated woodpecker, a variety of ducks, and some Canada geese. The trail was in great shape as always. The SGF DPW always takes such good care of this trail. Participants: Mo Coutant, Ginger and Joe Kelterborn, Sarah King, Judith Thomas.

Midmonth Monday Geocache, Monday, April 11, Maureen Coutant and Sarah King, 4 participants

- The snow was barely off the ground, so we stuck to the lower elevations and found a few caches near the Buck Mountain trailhead. We visited Stewarts Ledges and then headed up the trail to Inman Pond to find a cache. Then it was time to head a little ways up the Buck Mountain trail, but a little stream was made to be an obstacle by the early spring snow melt. Sarah, Licia and Judith would not be deterred! Off with the boots and socks and across the stream we went. It added to the adventure and made it memorable! It was also memorable to hear the wood frogs at the parking area! It sounded like 100 of them! Participants: Mo Coutant, Sarah King, Licia Mackey, Judith Thomas.

Midweek Jaunt, Tuesday, April 12, Maureen Coutant, 12 participants

- This week we walked along the Feeder Canal from Murray Park in Hudson Falls to Fort Edward. This is the most rural section of the trail, which also takes you past the five combines, which is an impressive lock system. Where the trail T's in Fort Edward, we headed left until we reached the end. It was a great workout! Participants: Maureen Coutant, Mike George, Sarah King, Licia Mackey, Becky Meath, Anne Paolano, George and Irene Sammons, Diane Sante, Tom Sears, Susan Sheehan, Deb Wood.

Wilton Wildlife Preserve and Park Hike, Saturday, April 16, Rich Crammond, 7 participants

- Nice cool temperatures, early wildflowers, good people to hike with, and a grand old fire tower to walk by, were all the highlights of this ADK outing in the great W.W.P and P. The participants looked like they were enjoying the outdoors so that was a real plus for me. It just doesn't get any better! Participants: Mary Alice Nyhan, Don Washburn, Caral Crosman, Jane Kana, Sue Bobbett, Marsha Noble, Rich Crammond.

Cat and Thomas, Sunday, April 24, Jean Holcomb, 8 participants

- There was still some snow in the woods but it was generally a good day to do C and T. I decided to take the road to Cat first and return via the blue trail to Thomas. The blue trail is now very well marked and makes for a charming wander up hill and down between the two peaks. The view off Cat is splendid and the cabin at Thomas is still in good shape and a great spot to relax before heading home. Although the climbing was a little challenging for some of the group we all finished with smiles on our faces. Participants: Liz Gee, Bill Carpenter, Karen McKenney, Jack Whitney, Kerry Case, Susan Keely, Ravi Verma, Joan Macker.

Midweek Jaunt, Tuesday, April 26, Maureen Coutant, 9 participants

- This was our Earth Day (a little early) clean up hike. This year we decided to do a little section along the Warren County bike trail with a little side trip up part of French Mountain. Well, during the hike side we wound up missing the turn to the attraction that I was aiming for and decided to hike to the top instead. On the way down we did the side trip to the old Great Escape billboard and picked up at least a couple of grocery store size bags full of garbage each! So now it's a much nicer destination. Still more garbage, but better! Remember to Hike In, Trash Out every time you go out! Participants: Nancy Burke, Mo Coutant, Mike George, Licia Mackey, Jim Ralston, George Sammons, Bill Schwarz, Chuck Wilkison, Deb Wood.



Moreau Lake State Park, Saturday, April 30, Reg Prouty, 8 participants

- This was a great day for this hike as the Spier Falls Dam above which we had lunch was roaring at capacity due to high river levels this spring. We made a loop by approaching on the Cottage Hill Trail and returning by the Western Ridge and white marked cutoff trail to the old hotel foundation where we started. A short lunch and playing of a few trumpet tunes rounded out a great day with a great group. Participants: Reg Prouty, Chris Bourgeois, Mary Alice Nyhan, Don Washburn, Judy Halstead, Cathy Corrigan, Tom Denny, Diane Denny.

Severance Hill, Saturday, April 30, Lorraine MacKenzie, 5 participants

- Finally a day without rain in the forecast! The bottom of the trail was a little flooded but surprisingly, the trail was pretty dry. The summit offered a wonderful view of Schroon Lake, Paradox Lake and the overflowing Schroon River. This trip was a little unusual. Instead of a foot bridge over the Northway, we tunneled under it. It was a great day in the woods. Participants: Pat Morgan, John Morgan, Roy Hoffman, MaryAnn Moran, Lorraine MacKenzie.

Rescheduled Upper Schroon River, Saturday, April 30, Jayne Bouder, 4 participants

- This trip was moved to Garnet Lake because the Schroon River and everything else was at flood stage. We had a beautiful day! The water was high enough that when we got way back in the stumpy, swampy end, we saw male and female mergansers, a very tame young beaver, Canada geese nesting on a beaver lodge, turtles, herons, and newts. Later, we climbed a middle bump for nice evening views. It was a great place and company! Participants: Jayne Bouder, Scott Cooper, Rich Myette, Kathy Ryan.

Spring Bird Walk, Peebles Island State Park, Saturday, April 30, Rich Speidel, 2 participants

- Peebles Island was surrounded by a lot of water today, as the Mohawk and Hudson Rivers were at flood stage. The flooded backwater areas attracted a variety of birds: warbling vireo, ruby-crowned kinglet, and spotted sandpiper, to name a few. We had good views of other seasonal favorites, including great-crested flycatcher, numerous yellow-rumped warblers, and rose-breasted grosbeak – with one of the sweetest songs in the bird world. In all, we identified 36 species on this fair weather day. Participants: Edna Van Dorsten, Rich Speidel.

Black Mountain Loop, Sunday, May 1, Bill Carpenter and Madeline Kowalik-Bova, 12 participants

- As part of the getting ready for the High Peaks season hikes, after a winter hiatus, Black Mountain Loop is a great warm up, especially with the weather cooperating. Good fun and great folks is always a good recipe for a fine day. Participants: Trisha, Colleen, Kelly, Katherine, Kathy, Sandy, Joan, Bill, Jack, Dan, Andy, Bill.

Midweek Jaunt, Tuesday, May 3, Maureen Coutant, 8 participants

- This week we hiked in the Skidmore North Woods to see the wildflowers. The trout lillies, bell flowers, wild oats, trillium, blood root and others that I'm forgetting were all blooming. We also saw wild ginger and a hillside of may apples that was quite impressive. It's always great to visit in the spring to see what's blooming and what other strange things you can find down a side trail! Participants: Andrea Chartier, Mo Coutant, Martha Devaney, Sarah King, George and Irene Sammons, Chuck Wilkison, and Emilie.

Lost Pond and short Bushwhack, Saturday, May 7, Rich Crammond, 3 participants

- This was a real nice early spring hike in the Adirondacks. There were no black flies yet and cool temperatures, plus nice sunshine. Lost Pond had its share of little floating egg sacks and many salamanders. The trout lilies were starting to bloom also. Highlights of this outing were seeing six beaver dams from one standing spot. Eager beavers for sure! A great day in the woods. Participants: Reg Prouty, Skip Kardash, Rich Crammond.

Spring Bird Walk — Wilton Wildlife Preserve and Park, Saturday, May 7, Rich Speidel, 5 participants

- We had an early start and enjoyed six hours on the trails at Camp Saratoga. The featured bird of the day was the black-throated blue warbler; great views of this songster from the West Indies. Other tropical species observed were kingbird, great-crested flycatcher, solitary and red-eyed vireos, and yellow warbler. Another treat was an extended look at a broad-winged hawk circling above the tree canopy. Add the sights and sounds of several woodpeckers, and we completed a fine trip afield with 38 species. Participants: Pat Fitzgerald, Mark Janey, Licia Mackey, Joanne Szot, Rich Speidel.

Evening Paddle, Tuesday, May 10, Maureen Coutant, 13 participants

- This year we started our paddle season on the Glen Lake fen (wetland). This was a nice safe place to paddle after all the rain and snow melt had made other areas more treacherous than normal. It was the first time out for most of us and it was a nice relaxing paddle among the channels. We didn't make it quite to the Great Escape, but we did see some remnants of old decorations. Participants: Dave Avigdor, Mo Coutant, Paul Dietershagen, Bill Glendenning, Licia and Steve Mackey, Anne and Kevin McCullough, Maria Rawson, George Sammons, Bette and Bill Thomas, Chuck Wilkison.

Midweek Jaunt, Tuesday, May 10, Maureen Coutant, 7 participants

- This week we did a walk along the Feeder Canal from the beginning of the trail to the Route 9 bridge. The water was still amazing as it went over both dams, even more amazing than the construction along the Exit 18 corridor! Participants: Mo Coutant, Mike George, Karen Hurst, Licia Mackey, Bob Powell, Jan Stephens, Joanne Szot.



Spruce Mountain Fire Tower, Saturday, May 14, Lorraine MacKenzie, 8 participants

- There was rain in the forecast, how unusual! At least it held off for the entire trip. After a shaky start (we discovered this was not a marked trail), we managed to find our way to the summit. The fire tower itself was in disrepair and an ascent to the top was not possible. Even though we had no panoramic scene at the top, our eyes were treated by the spring flowers (Jack in the Pulpit, Trout Lily, Painted and Red Trillium, Hobblebush and Spring Beauty) that lined the path. Participants: Ray Bouchard, Ravi Verma, Pauari Kahdi, Judy Halstead, Kate Berheide, Jean Rich, John MacKenzie, Lorraine MacKenzie.

ADK Lake George Property Work Day, Saturday, May 14, Maureen Coutant

- Thanks to all that attended, we got the ADK headquarters building looking ship-shape and ready for the summer visitors! Thanks to the Mackeys, Todd Earl, Tom Kenney, Mickey Onofrietto, Jack Freeman, the Nichols family, Charlotte Smith, Jim Ralston, Stan Stoklosa, MaryAnn, and Jim Coutant for always making his great chocolate chip cookies!

YMG, Windham, Catskill High Peak, Sunday, May 15, Jonathan Lane, 3 participants

- What an interesting hike! Lots of chipmunks, red efts, and beautiful flowers. The views could have been a bit better due to being a bit socked in, but great company and lots of laughs made up for it. We got rained on a little bit on our return to the trailhead, but nobody seemed to mind much. A great day in the woods! Participants: Bill Barton, Erica Halbrook, Jonathan Lane.

Spring Bird Walk, Wilton Wildlife Preserve and Park, Sunday, May 15, Rich Speidel, 10 participants

- The May 15 walk was postponed due to rain. Four inches of rain and six days and later, we had fog, clouds, and occasional light rain, but also some sun. There was good luck early as a bluebird perched around the parking lot. At the pond, we observed a pair of kingbirds on a nest high in a pine tree. Along the trail, we had fine views of several migratory birds, including red-eyed vireo, pine warbler, and eastern wood peewee. Two broad-winged hawks provided a late morning show as they circled and skimmed the treetops. Thanks to our combined group efforts, 42 species were identified. Participants: Barbara Bave, Jim Myers, Patricia Brennan, Jim Campinell, Patrick Collier, Bruce Goodale, Cathy Hall, Grace Nichols, Edna Van Dorsten, Rich Speidel.

Midmonth Monday Geocache, Monday, May 16, Maureen Coutant and Sarah King, 7 participants

- Torrential rain postponed this trip by a week. We wound up hiking along the Deer Leap trail on Tongue Mountain. We found all the caches that had just recently been placed along the trail. Sarah was glad we didn't also find any rattlesnakes! Participants: Ed Barget, Mo Coutant, Bruce Cushing, Mike George, Sarah King, Licia Mackey, Brian Nichols.

Giant Mountain Hike, Sunday, May 22, Bill Carpenter, 9 participants

- Giant and Rocky Peak Ridge made for a good start of the High Peaks for the new summer season. The weather was fine. The views were good and the bugs weren't bad. Two hikers got two more peaks towards their 46 which helped to make the day even better! Participants: Tammara, Marsha, Susan, Sandy, Pat, Aberhard, Jack, Dan, Bill.

Evening Paddle, Tuesday, May 24, Maureen Coutant, 9 participants

- Due to the high water at the beginning of May, I postponed what is usually the "kickoff" paddle to the end of May. We still had plenty of water to get over most of the beaver dams on our trip between Lake Luzerne and Second Lake. This trip is always a challenge and we've only made it to Second Lake this year and last. We must know how to do it now! Participants: Dave Avigdor, Mo Coutant, Charlie Czech, Mike George, Bill Glendenning, Licia Mackey, Joy Muller-McCoola, George Sammons, Maria Rawson.

Midweek Jaunt, Tuesday, May 24, Maureen Coutant, 7 participants

- We had a great day out climbing Hadley with beautiful skies, flowers, and great company! We could have done without the black flies ... but they kept us moving. We even met a poet on the way out in the parking area. What a great place to seek inspiration! Participants: Ray Boucher, Mo Coutant, Bill Glendenning, Sue Howard, Licia Mackey, Rudy Tomasik, Chuck Wilkison.

Spring Bird Walk, Pack Forest, Warrensburg, Saturday, May 28, Rich Speidel, 23 participants

- We had a big turnout on this Memorial Day weekend; nice mix of new members and folks who join us for bird walks each spring. Skies were mostly cloudy, and our return walk to the parking lot was brisk due to an approaching thunderstorm. But we had five hours in the field and saw a good variety of birds, including a loon on Pack Forest Lake, yellow-rumped and black-throated blue warblers, cedar waxwings, kingbirds, and least flycatchers. Seen overhead were ravens, sharp-shinned and broad-winged hawks. We concluded an enjoyable outing with 38 species identified. Participants: Joanne Armstrong, Bob Bradley, Patricia Brennan, Jim Campinell, Patrick Collier, Coral Crosman, John Good, Bruce Goodale, Cathy Hall, Keith Hall, Marianne Hines, Mark Janey, Eric Krantz, Licia Mackey, Julie Nathanson, Reg Prouty, Carol Schupp Star, Sarah Thomas, Ben Thomas, Edna Van Dorsten, Freida Chapman West, Irv West, Rich Speidel.

Midweek Jaunt, Tuesday, May 31, Maureen Coutant, 7 participants

- This week was too hot and buggy for a hike so we got out our boats and paddled on Brant Lake. The recent storms had raised the lake level so much that the you'd have to wade to get to the dock. Luckily we didn't need it. It was a gorgeous day out and the wind held off until the end and even then it wasn't too strong and it felt good. Participants: Mo Coutant, Ralph DeCristofaro, Anita Dingman, Gail Epstein, Sarah King, George Sammons, Bill Thomas.



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

NON-PROFIT ORG.
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.

