



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



High Mountain Trek

Program

'TREKKING IN NEPAL'

WHEN: 7 P.M.
NOVEMBER 30

WHAT: TALK,
PHOTOGRAPHIC PRESENTATION
WITH RON LESTER

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM

A photographic journey to Nepal

In 2007, Ron Lester ventured to Nepal solo. In April of 2011, Lester joined a group back into the same region for 16 days of trekking in the Khumbu region that leads up to Mt. Everest base camp.

They split into two separate groups on Day 3 of the trek, and joined back together on Day 10. Lester's group headed up the Gokyo Valley, to among other things, attempt to climb the 20,000-foot trekking peak Lobuche East. This is a climb that requires basic glacier mountaineering skills, and lots of desire. En route over the 17,600' Chola Pass, they were thrilled to encounter fresh tracks of the rare Snow Leopard.

They soon rejoined group 2, who had taken a bit more of a relaxed pace up the Khumbu Valley with a side trip up the 18,000' Chukking Ri. Then it was on up the famous trekking hill Kalapatar at 18,200' with its glorious panorama of the fantastic Himalaya Mountains including Mt. Everest, up close.

After a quick visit to Mt. Everest base camp, where climbs

of the world's highest peak begin, they started the five-day hike back to the town of Lukla for their return flight to Kathmandu, Nepal's capital city. A documentary show on the History Channel rated Lukla as the world's #1 most dangerous airport. Lester's photographic presentation will have plenty of unparalleled jaw-dropping mountain scenery, a high altitude glacier climb, tea house and tent life, with scenes of the native Sherpa people who were his hosts.

And of course all of the yak trains, suspension bridges, and humble Sherpa porters who carry punishing loads that make it possible for groups to travel in relative comfort. You have to see "Generator Man" with his 243-pound load at 17,000 ft. plus. Lester will finish up with some shots of third world life and tourist venues around Kathmandu.

In his presentation, Lester will relive the adventures of the trip, sharing the great joy, awe, and misery that are found in the high mountains.

The impact of Hurricane Irene

BY MAUREEN COUTANT

The fall is such a busy time for ADK Chapters. The Executive Committee doesn't meet over the summer, so in September we have to catch up and plan for the fall activities. This September was even busier due to Hurricane Irene and its impact on ADK and trails. The Pharaoh Lake Wilderness Area is our Chapter's Adopted Wilderness area and the high water caused a beaver dam to break and wash out a bridge just downstream. A series of planks that allow hikers to cross a stream and boggy area at the beginning of a trail were moved off their supports and tilted precariously. The winds also knocked over trees which blocked trails. Fortunately, the December forester in the area was able to coordinate December crews, SCA help, ADK Chapter volunteers, and others to help fix the bridge and clear blow down. Due to all this help, much of the area was able to be hiked without having to wade across a stream by Columbus Day weekend! This is the reason I joined ADK so many years ago. I knew ADK was a club that got out there and improved the trails so all hikers could enjoy the woods.

As you have probably heard, times are tough for everyone and that includes ADK. The Club has done a great job of retaining members, but for many chapters, the membership numbers are generally constant or falling. The Hurricane's impact on ADK (both lodges closed for a while and road closures impacted



CHAPTER CHAIR Report

*Please consider
ADK when making
a charitable
contribution.*

visitors) will hopefully be recovered through insurance, but the lack of cash flow during that period put a strain on the organization. During the September Board Meeting, a resolution was passed to borrow money from ADK's investment funds to get through the end of the year. At the end of the year, if you are considering making a charitable contribution, remember to consider ADK. From trail work and education programs to conservation and advocacy, ADK does excellent work which is all worthy of support.

Finally, as we approach the end of the year it's time to thank the many volunteers who help make the Glens Falls-Saratoga Chapter special. I'm proud to talk to the public and members about the fine Outings program that our Outings Leaders put together with the help of our many excellent trip leaders. These are volunteers who do this just for the enjoyment of sharing the woods with others. A big thank you goes out to the members of the Executive Committee who come together once a month (except summers) to plan and organize all the fabulous activities and events that you see in the newsletter and on-line. Special thanks to Barb Bave, who recently "retired" from being our Fire Tower Challenge Correspondent. Barb has served as Chapter Chair and Outings Chair in the past ... and we still have her number! Thanks, Barb!

We're always looking for people to help the Chapter, so please email me if you have an interest in helping!

Happy Holidays!

Chepontuc Footnotes

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ADIRONDACK MOUNTAIN CLUB
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Executive Committee Meeting Synopsis

September 7, 2011

John Schneider, Treasurer, presented the June, July, and August 2011 Treasurer's Reports. Total assets are \$5,340.

Mo Coutant, Chapter Chair, reported that Barb Bave wants to resign as the **Fire Tower Challenge** Coordinator and a replacement is needed.

Alison Darbee and **Madeline Kowalik-Bova, Outings Chairs**, reported that they have designed a patch to give to outings leaders at the Annual Dinner each year. They will also give gift certificates to all trip leaders who lead at least 6 outings.

John Caffry reported for Jackie Bave, **Conservation Chair**, that the Club won the Low's Lake lawsuit against APA. The court declared that the lake was part of the Five Ponds Wilderness Area. John also discussed that he is monitoring the latest development project next to the Big Cedar Swamp, and reported on ADK's involvement in the hydrofracking issue and the APA/DEC response to the hurricane.

George Sammons, Website Chair, said that we have over 2,000 e-mail addresses on our list now, but some are expired. He is trying to update the list and keep it current. He is doing a monthly raffle for people who opt out of the paper newsletter.

Jim Schneider, Wilderness Committee Chair, said that he is going to the Pharaoh Lake Wilderness Area this weekend to check on storm damage. There is a "back-country steward" from SCA/Americorps in the Wilderness Area this year, through the fall.

Tom Ellis, Trails Chair, reported that the Cold River Chapter has taken over the Chapter's former section of the NPT.

Mo reported for the **Programs Committee**, in the absence of Chair Sarah King. She said that booking the room at Crandall Library is often a problem and getting the room at the Saratoga Library on Thursdays is sometimes a problem,

so some programs have been moved to Wednesdays. The programs through April 2012 are all lined up.

Pat Desbiens, Membership Chair, reported that for May to July, membership was down 22 net members, although there was less change in the number of families. She thinks that we may be losing some members to the new Foothills Chapter. Mo said that the Club's membership is pretty stable and that the retention rate is over 80%.

Linda Ranado, Education Chair, reported that she did programs this summer for a Girl Scout camporee and the Town of Mayfield's summer recreation program. There was one no-show for the DEC camps this summer, so we forfeited the campership money.

Jonathan Lane, Younger Members Group Chair, reported that there are now 70 "friends" on the Chapter's Facebook page and that the YMG's "friends" are also increasing. In July the YMG had its first "trailgating" outing at Pillsbury Mountain. After the group hiked the mountain, a barbecue was held at the trailhead. It was well attended and the YMG will do more of these. Nine members helped a Boy Scout with his Eagle project by carrying supplies for building a new latrine at Dix.

Jonathan also reported on the June 2011 meeting of the **Club Board of Directors**. The Club is updating the outings policy, including group size limits in areas where DEC has group size limits. The Club will not otherwise impose group size limits. The Committee asked our Directors to encourage the Club's staff to compile information on what the DEC limits are and where they apply, for use by the chapters.

Mo Coutant reported on thank you notes received from various groups that the Chapter gave money to and participants in Chapter programs. She also reported on the Longest Day outing held on June 21st. About 40 people attended.

Send in photos for 'slide social'

You only have a little more time to send your photos to Steve Mackey (smack-ey33@verizon.net) for our slide social

dessert pot-luck program this December! See you there!

New members

GF-S CHAPTER

New members to the GF-S Chapter:

July 2011

- John, Joanne, Demeter & Sam Burns, Queensbury
- Amy Fazio, Lake Luzerne
- Paul Gilchrist, Warrensburg
- Elaine Heckan, Loudonville
- Kathleen James, Glenville
- Skyler LaBombard, Cohoes
- Denise, Mark & Bryan McQuade, Schuylerville
- William Mohr, Lake Luzerne
- Eleanor Molinary, Basking Ridge, New Jersey
- Victoria Stephens, Greenfield Center
- Megan, Stevens, Saratoga Springs

Rejoined Members

- Mary-Joan Bluemich, Bergstrasse
- Chuck & Susan Brome, Saratoga Springs
- Sharon Cudahy, Saratoga Springs
- John, Roni, Jake & Giana Gaba, Mechanicville
- Kiki Kelly, South Glens Falls
- Sam Lantz, Gansevoort
- Benjamin Morrow, Queensbury
- Robert, Joanne, Sam & Sean Muller, Lake George

August 2011

- Martha Buck, New Milford, Connecticut
- James, Ernest & Donald Mecca & Vae Champagne, Southport, Connecticut
- Clara & Michael Conte, Warrensburg
- Alexandra Crane, Saratoga Springs
- Mark, Jennifer, Levi, Garrett & Zachary Cummings, Salem
- Virginia DeVit, South Glens Falls
- Mason Drastal, Albany
- Dave, Laurie, David & Daniele Fish, Hudson Falls
- Doug Harple, Ballston Spa
- Katherine Johnson, Galway
- Aaron Roberts, South Glens Falls
- Reuban & Cynde Smith, Chestertown
- Patty Walsh-Wasserman, Queensbury

Rejoined Members

- Miska Draskoczy, Brooklyn
- Chris Hann, Porter Corners
- Mark, Laura, Allison & Courtney Marion, Round Lake
- Mary & Duane Rabideau, Ballston Spa
- Debbie Van Schaack, Starksboro, Vermont
- Nathan Whitney, Lake Luzerne

And the winners is ...

Our September Opt-out winner is Roy O'Connor! Congratulations! Have you opted-out today? Get your Chepontuc online and you too will be entered to win fun prizes! Log-on to www.adk-gfs.org!



By Linda Ranado

Last issue I was remiss in mentioning one other outreach experience our committee was involved in over the summer. In July, we (Nancy Buckley, Barb Bilins and I) had the pleasure of presenting a slide show and talk to a group of special needs students and faculty in the Mayfield School District to supplement a unit focusing on the Adirondacks with an emphasis on the High Peaks. We want to thank them for the warm reception we received. Please remember we are available on an outreach basis to any interested classes and/or clubs. Now, to our annual search:

Our Glens Falls-Saratoga ADK chapter continues to seek candidates to sponsor for week long camperships in the summer of 2012 at DEC's Camp Colby and Pack Forest, and as part of ADK's five day High School Teen Trails maintenance projects. These programs offer those being sponsored the opportunity to heighten their awareness and appreciation of nature and environmental concerns, while participating in educational and/or recreational activities, dependent upon the program. For those selected, attendance fees (\$350 December and \$250 ADK) will be paid by our chapter.

The Lake Colby Environmental Education Camp, for youth who are 12 to 14 years old, is located on the western shore of Lake Colby, just outside the Village of Saranac Lake. The December website promises a week at Colby will be filled with fun and adventure, noting that "Campers participate in a discovery group while at camp, completing six lessons ranging from group dynamics to field, forest, and pond explorations, to a study of human impact. Group members learn science, solve challenges, play games, keep a journal, catch salamanders, net butterflies and discover the interconnectedness of life on earth. College-educated counselor staff guides all activities, encouraging participation and respect among group members while interpreting the natural world for campers... Additionally, campers choose from a variety of optional activities throughout the week that introduce those to outdoor pursuits and pastimes. Experiences include fishing, canoeing, archery, exploring a bog and overnight camping trips."

Pack Forest, just north of Warrensburg, offers camp sessions

for both teens 15 to 17 years old and youth in the 12 to 14 age range. "Sessions offer the older campers a chance to explore forestry, aquatic biology, wildlife management, field ecology and other environmental issues. Workshop attendees learn about professional forestry techniques, such as the use of Biltmore sticks and increment borers. The program emphasizes group dynamics and teamwork as essential to the environmental decision-making process. Staff encourages interaction, communication and cooperation as campers seek solutions to group challenge activities. Students also discover their individual strengths and abilities... In addition to advanced outdoor workshops, Pack Forest campers participate in exhilarating out-of-camp canoeing or backpacking trips in the beautiful Adirondacks. Optional activities during the week include fly fishing, hiking, swimming, shooting sports and orienteering." Youths, ages 12 to 14, can share in activities here that mirror those at Camp Colby.

ADK's Teen Trail five-day projects provide opportunities for high school students (aged 14 to 17). This program, which relies upon the key elements of teamwork and shared responsibility, focuses on educating participants on the ways and means of trail maintenance. Participants may learn such skills as how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, or how to use boulders with a steel bar. Through the course of a trail project, which can be physically challenging, campers share in a fun and rewarding experience while forming new friendships and memories. Ultimately a quality trail project is completed by trail crews that will protect the natural resource for many years. ADK provides campers with food, group camping gear, tools and experienced leadership. Specific sites for the summer 2012 program will be posted on our site as soon as available.

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

Linda Ranado
18 Pine Ridge Road
Hadley, NY 12835

Applications must be received by December 20th. (Please note this date has been changed as sponsors need to submit applications earlier now than in the past). If you have any questions, you may call me at 696-7265 or email me at lrando@hotmail.com.

Conservation News

By Jacki Bave

Low's Lake Classified as Wilderness – New York's Supreme Court issued a ruling on August 15 that Lows Lake, part of a popular canoe route in the northwestern Adirondacks, should be classified as wilderness. This classification, the most restrictive land-use category in the Adirondack Park, means that floatplanes will be prohibited from using the lake. The ruling came as a result of a lawsuit brought against the Adirondack Park Agency by the Adirondack Mountain Club and Protect the Adirondacks. GF-S Chapter member John Caffry was the attorney for the two groups filing the lawsuit.

In September of 2009, the APA voted to classify Lows Lake as

Wilderness, but reversed that vote in November 2009. The judge upheld a 1987 state plan that classified the lake as wilderness, and voided the November decision to leave the lake unclassified.

This ruling is important for future protection of all water bodies in the Adirondack Park because it upholds the principle that the Adirondack Park Agency is legally obliged to classify water bodies in the Forest Preserve. Justice Michael Lynch, who issued the ruling, affirmed that the Adirondack Park Agency Act and the State Land Master Plan both require the APA to classify bodies of water in the Forest Preserve, even if the water is not entirely surrounded by state-owned land.

The issue of motorized use of Lows Lake has been a controversy for many years. As a result of a previous lawsuit, December had issued a decision to stop floatplane use on Lows Lake at the end of 2011. This ruling will prevent December from changing that decision and opening up the lake to floatplane use in the future.



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. of each month (except July and August) and alternate between Crandall Public Library in Glens Falls and Saratoga Springs Public Library. Future Programs: Nov. 30, Dec. 14, Jan. 26. **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: Nov. 2, Dec. 7, Jan. 4. **Outings Committee Meetings** Future Meetings: TBD

November		Outing Type	Destination	Leader/Contact	Rating
2	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
5	Sat	Hike	Black Mountain Loop Fire Tower	Alison Darbee, Marsha Noble	B
8	Tue	Walk/Hike	Midweek outing	Maureen Coutant	C
12	Sat	Hike	Middle Mountain Bushwack	Jayne Boudier	A
13	Sun	Hike	Crane Mountain	Ray Bouchard	B
14	Mon	Geocache	ADK Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
15	Tue	Walk	Midweek trip	Maureen Coutant	C
19	Sat	Hike	Lake George Gazebo Overlook and Falls	Reg Prouty	C+
20	Sun	Hike/Snowshoe	Roostercomb Mountain Hike/Snowshoe	Sandy Yellen	B
22	Tue	Walk	Midweek outing	Maureen Coutant	C
24	Thu	Hike	Turkey Trot #13 (Saratoga Battlefield Hike)	Rich Crammond	C+
27	Sun	Hike	YMG — Winter Holiday Kickoff	Jonathan Lane, Kiki Kelly	C
29	Tue	Hike	Midweek outing	Maureen Coutant	B-
30	Wed	Program	Trekking in Nepal with Ron Lester	Sarah King	NR
December					
3	Sat	Hike	Algonquin Peak From Adk Loj	Mike McLean	A
4	Sun	Snowshoe	Northwest Bay Uplands Tract	Jayne Boudier	A-
6	Tue	Walk/Hike	Midweek outing	Maureen Coutant	NR
7	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
10	Sat	Hike/Snowshoe	Moreau Lake State Park Overlook	Reg Prouty	B
10	Sat	Hike/Snowshoe	Wilton Wildlife Park Hike/Snowshoe	Rich Crammond	C+
11	Sun	Hike/Snowshoe	YMG — Goodnow Mountain — Fire Tower	Jonathan Lane, Rachel Luch	C+
12	Mon	Geocache	Midmonth Monday Geocache	Maureen Coutant, Sarah King	NR
13	Tue	Walk/Hike	Midweek outing	Maureen Coutant	NR
14	Wed	Program	Slide Social Pot Luck/Dessert Program	Sarah King	NR
18	Sun	Ski	Cross Country Ski Trip	Sandy Yellen	B
20	Tue	Walk/Hike	Midweek outing	Maureen Coutant	NR
January					
1	Sun	Hike/Snowshoe	Annual New Years Day Buck Mountain Snowshoe	Reg Prouty, Bob Aspholm	B
3	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
4	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
10	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
14	Sat	Hike/Snowshoe	YMG — Fire Tower — Leader's Choice	Jonathan Lane, Rachel Luch	B
15	Sun	Snowshoe	Barton High Cliffs Loop	Jayne Boudier	A
17	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
21	Sat	Hike/Ski	Pyramid & Gothics	Steve Mackey	A
22	Sun	Ski	Cross Country Ski Trip	Sandy Yellen	B
24	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
26	Thu	Program	The Peru and Inca Trail	Sarah King	NR
28	Sat	Hike/Snowshoe	Stillwater Locks Eagle Watch	Rich Crammond	C
31	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR



Outings

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

BLACK MOUNTAIN LOOP — *FIRE TOWER* — HIKE

Saturday, November 5

Time: 8:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

Colead: Marsha Noble

Let's get outside and stay in shape in November. Round trip is about 6.6 miles with an elevation gain of 1,064 feet. Great views at the top. Please be prepared to stay with the group at a moderate pace. E-mail leader by the Wednesday before the hike for more information and to sign up.

MIDWEEK OUTING WALK/HIKE

Tuesday, November 8

Time: 9:15 a.m.

Rating: C

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

We'll start out our midweek walks for the season with a trip to Shelving Rock Mountain and then possibly down to the lake if we have time. Email for more info.

MIDDLE MOUNTAIN BUSHWACK

Saturday, November 12

Time: 8:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This mountain lives west of Jabe Pond. It's smaller than neighboring Catamont, but is very beautiful, and has great views. We'll start from Wardsboro Road (the original road to Hague) and be crossing Fly Brook along the way. Approximately 8 miles of comparatively easy bushwacking, and 1,300 ft. of ascent, at a moderate, unhurried, "let's take all day" pace.

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postal mail visit

our website at www.ADK-GFS.org.

CRANE MOUNTAIN HIKE

Sunday, November 13

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

Crane Mountain is located near Garnet Lake and offers views of Mount Blue, Hadley and Moose mountains, among others. The relatively short 1.4-mile climb to the summit belies the fact that there is a nearly 1,200' elevation gain. It is steep enough at one point to warrant the use of a ladder. Once we reach the top we'll make the steep descent to Crane Pond then another steep descent to the Putnam Brook Trail. There will be a lot of tree grabbing on this hike so the pace will match the terrain. Not too many people run up or down this mountain or more to the point, I won't be. The open rock faces can be covered in ice at this time of year so consider bringing crampons. Please dress for the weather and the elevation. Ascent 1,154 ft.; Total hike is about 4 miles; Elevation is 3,254 ft.

ADK MONTHLY MONDAY GEOCACHE

Monday, November 14

Time: 9:00 a.m.

Rating: NR

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

Colead: Sarah King — 798-0615, scubakings@roadrunner.com

Join us on a walk, hike, or paddle to find some caches hidden in the area. We generally stick to within an hour from Glens Falls. You don't need to have a GPS or know what geocaching is to join us. We'll teach you all about it during the time we're out. We're usually out until about 1 or 2, so pack a lunch along with some snacks. We generally go at a medium pace with stops to look for the caches. Call or email a few days before for the specifics of the trip.

MIDWEEK TRIP WALK

Tuesday, November 15

Time: 9:15 a.m.

Rating: C

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

This week I'll be doing a short trip along the Harry Betar Walkway in South Glens Falls since I'll be co-leading a trip on Monday. The walkway is a lovely walk along the Hudson River then a nice walk along the bluff. Email for more info.

LAKE GEORGE GAZEBO OVERLOOK AND FALLS HIKE

Saturday, November 19

Time: 8:30 a.m.

Rating: C+

Leader: Reg Prouty — 518-747-9736

We will meet at the inside of Panera Bread in Queensbury to hike a 5-mile round trip hike up to a gazebo that overlooks the southern basin and bays of Lake George. If the group wishes we may add another mile or so to a waterfall nearby. Elevation change is gradual and only a few hundred feet. Pace will be relaxed. Bring a lunch for the gazebo.



ROOSTERCOMB MOUNTAIN HIKE/SNOWSHOE

Sunday, November 20

Time: 7:45 a.m.

Rating: B

Leader: Sandy Yellen — 584-2763

Roostercomb is a nice moderate climb with great views of the High Peaks. The conditions may require snowshoes, microspikes, or just hiking boots. Dress for winter weather and hope we don't get rained out this time. Afterward, we can warm up at Stewarts or the Noonmark Diner with hot cocoa or ice cream. Call leader for details or to sign up.

MIDWEEK OUTING WALK

Tuesday, November 22

Time: 9:15 a.m.

Rating: C

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

Another flat relatively short hike ... half-day at school so I don't have too much time! This week, we'll walk along the Feeder Canal from the beginning to Glens Falls with a stop in town for coffee or tea. Email for details.

TURKEY TROT #13 (SARATOGA BATTLEFIELD) HIKE

Thursday, November 24

Time: 8:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

Meeting Place: Visitors parking lot off Route 32. Let's work up that ol' holiday hunger again this year with around five miles of hiking. It was real cool last year so dress warm. Please contact leader to sign up. Happy Thanksgiving!

YMG — WINTER HOLIDAY KICKOFF HIKE

Sunday, November 27

Time: 7:00 a.m.

Rating: C

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

Colead: Kiki Kelly

Let's kick off the Winter Holiday season with a hike up Mount Jo, then lunch and holiday shopping in the beautiful town of Lake Placid. Hiking distance will be about 2 miles round trip with an elevation gain of about 650'.

MIDWEEK OUTING HIKE

Tuesday, November 29

Time: 9:15 a.m.

Rating: B-

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

This trip to Berry Pond is a bit longer and has a steady ascent. We tried to do it last winter on snowshoes, but ran out of either time or energy, so we're heading back for another go at it. We'll be heading from the Lake George Rec. trails up to the pond. There is a beaver dam and a view of Lake George. Email for more info.

ALGONQUIN PEAK FROM ADK LOJ HIKE

Saturday, December 3

Time: 9:00 a.m.

Rating: A

Leader: Mike McLean — 315-262-2564, mpmclean@twcny.rr.com

We will head in from Adirondack Loj at 9 a.m. at a steady pace with our main objective being the summit of Algonquin, be it via boot, full crampons, and/or snowshoes. Should conditions and time allow we may throw in Iroquois and possibly Wright Peak. At least 8 miles round trip plus 3,000' of ascent.

NORTHWEST BAY UPLANDS TRACT SNOWSHOE

Sunday, December 4

Time: 8:00 a.m.

Rating: A-

Leader: Jayne Boudier — 793-3770

This 1,300-acre watershed of Northwest Bay Brook lies west of Clay Meadows, and is owned by the Lake George Land Conservancy. It has mountains, swamps, knobs, brooks, and a pond that we can explore via old roads and trailmarked woods. Approximately 7 miles, and 1,800 ft. ascent, at a moderate to unhurried "let's take all day" pace.

MIDWEEK OUTING WALK/HIKE

Tuesday, December 6

Time: TBD

Rating: NR

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

Leader's choice ... but easily influenced! Send me an idea. Email a couple of days ahead for details.

MOREAU LAKE STATE PARK OVERLOOK HIKE/ SNOWSHOE

Saturday, December 10

Time: 8:00 a.m.

Rating: B

Leader: Reg Prouty — 518-747-9736

We will snowshoe or hike up to the overlook at Moreau Lake State Park via part of the Western Ridge trail. Round trip is about 6 miles. Elevation change is minimal with an easy to moderate pace.

WILTON WILDLIFE PARK HIKE/SNOWSHOE

Saturday, December 10

Time: 10:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

We will hike or snowshoe around the park. About 3 miles total.

There is a grand old Forest Fire Tower we will be going by also.

Meeting place: Dick's Sporting Goods parking lot off Route 50, Wilton Mall area. See you there and Happy Holidays.



***YMG* *FIRE TOWER* — GOODNOW MOUNTAIN HIKE/SNOWSHOE**

Sunday, December 11

Time: 8:00 a.m.

Rating: C+

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

Colead: Rachel Luch

Winter is almost here, bringing with it good 'ol Saint Nick, so even if you've been naughty, it's not too late to do good now ... so let us do good now together! We will take our time, learn some interesting facts along the way, and enjoy the beauty that this mountain has to offer. Approximately 3.8 miles round trip with an elevation gain of 1,040 ft.

MIDMONTH MONDAY GEOCACHE

Monday, December 12

Time: 9:15 a.m.

Rating: NR

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

Colead: Sarah King — 798-0615 or scubakings@roadrunner.com

Email to find out where we'll be looking for geocaches this day. Even if you don't have a GPS, come along anyway and help us look for the hidden containers in the woods.

MIDWEEK OUTING WALK/HIKE

Tuesday, December 13

Time: 9:15 a.m.

Rating: NR

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

See Dec. 6.

CROSS COUNTRY SKI TRIP

Sunday, December 18

Time: 8:00 a.m.

Rating: B

Leader: Sandy Yellen — 584-2763

We tried this before and it was loads of fun. If there's snow locally there will be no fee to ski but you'll still have groomed trails. If not, there may be a fee but some really great trails and an option to rent equipment. So let's get going! Call leader for details and to sign up.

MIDWEEK OUTING WALK/HIKE

Tuesday, December 20

Time: 9:15 a.m.

Rating: NR

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

See Dec. 6.

WANTED!

Digital artist needed to help create images for our Chapter to use for various projects. If interested, contact Jonathan Lane (ymg@adk-gfs.org).

ANNUAL NEW YEAR'S DAY BUCK MOUNTAIN HIKE/SNOWSHOE

Sunday, January 1, 2012

Time: 8:00 a.m.

Rating: B

Leader: Reg Prouty — 518-747-9736

Colead: Bob Aspholm — *pine4442@gmail.com

Come one come all to help us welcome the first day of 2012 with a celebration atop one of our favorite local small mountains. The weather will not stop us. Let's hope for lots of fresh powder. Round trip is about 5 1/2 miles. Pace is moderate with time to enjoy the summit.

MIDWEEK OUTING WALK/SKI/SNOWSHOE

Tuesday, January 3, 2012

Time: 9:30 a.m.

Rating: NR

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

Hopefully we'll have snow and can be out on our snowshoes or skis. For January we'll start slightly later, but may adjust depending on where we decide to go. Send in your suggestion and email on Sunday to find out where we'll be headed and the details.

MIDWEEK OUTING WALK/SKI/SNOWSHOE

Tuesday, January 10, 2012

Time: 9:30 a.m.

Rating: NR

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

See January 3rd.

***YMG* *FIRE TOWER* — LEADER'S CHOICE HIKE/SNOWSHOE**

Saturday, January 14, 2012

Time: TBD

Rating: B

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

Colead: Rachel Luch

We'll snowshoe up one or two Fire Tower peaks and have a wonderful time! Contact leader for information regarding destination and meeting time.

BARTON HIGH CLIFFS LOOP SNOWSHOE

Sunday, January 15, 2012

Time: 8:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

These spectacular "little known cliffs that range for 1/4 mile along an unnamed mountain" were called Barton High Cliffs by Barbara McMartin. They live in Hague, northeast of Brant Lake. We'll do a loop that gives us views as we cross the top, and then a look up the cliffs as we pass below them on our way back. Less than 5 miles of (comparatively) easy bushwacking, 800 ft. of ascent, at a moderate, unhurried, "let's take all day" pace.



MIDWEEK OUTING WALK/SKI/SNOWSHOE

Tuesday, January 17, 2012

Time: 9:30 a.m.

Rating: NR

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

See Jan. 3rd.

PYRAMID & GOTHICS HIKE/SKI

Saturday, January 21, 2012

Time: 6:30 a.m.

Rating: A

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

This will be the third time I've led this, (so it shows how good a trip it is). I want to ski into Lower Ausable Lake and then switch to snowshoes and hike up Pyramid and Gothics. Every year I get a few people that don't ski, so non-skiers are welcome, but it's a lot more fun skiing and a lot faster on the way out. It also is a fairly easy ski (usually) so if you are semi-proficient, I would give it a try. The last part of the climb up Pyramid is really steep, so be prepared. It can be really cold and windy so bring proper gear.

CROSS-COUNTRY SKI TRIP

Sunday, January 22, 2012

Time: 8:00 a.m.

Rating: B

Leader: Sandy Yellen — 584-2763

If anybody got new skis for Christmas here's a good chance to try them out. We may go locally on groomed trails and pay no fee or travel to groomed trails and pay for the snow. Both ways are fun. Pray to the snow gods so we don't get rained out like last year. Call leader for details and to sign up.

MIDWEEK OUTING WALK/SKI/SNOWSHOE

Tuesday, January 24, 2012

Time: 9:30 a.m.

Rating: NR

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

See Jan. 3rd

STILLWATER LOCKS EAGLE WATCH HIKE/SNOWSHOE

Saturday, January 28, 2012

Time: 9:00 a.m.

Rating: C

Leader: Rich Crammond — 584-2380

This hike or snowshoe will be around one mile along the Hudson River and Hoosick Rivers. Field glasses and eagle eyes will come in handy. We will meet between the channel and canal bridges, Stillwater area, Lock No. 4. See you there!

MIDWEEK OUTING WALK/SKI/SNOWSHOE

Tuesday, January 31, 2012

Time: 9:30 a.m.

Rating: NR

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

See January 3rd.

Evening Paddle, Tuesday, August 2, Maureen Coutant, 17 participants

- This week the group started at the park/launch at the end of Big Boom Road in Queensbury and paddled down the Hudson to the Feeder Canal dam. This dam is where the group had paddled up to the prior week, so we were connecting the dots. We had already done the section from the launch in the other direction, so we only have a few more sections of the Hudson to do before we'll have paddled from Thurman down to South Glens Falls. This is a quiet section of the Hudson (once you're away from the Northway!) Participants: Andrea and Ken Chartier, Mo Coutant, Charlie Czech, Paul Dietershagen, Rosemarie and Todd Earl, Jason Finn, Mike George, Mark Janey, Barbara Jeffs, Mary Knutson, Licia Mackey, Ann and Kevin McCullough, Andrew and Anne Paolano.

Skylight, Saturday, August 6, Ellen DuBois, 4 participants

- A fun trip with a small group, we were very lucky with the weather, as it was mostly cloudy with occasional sunshine. We ended up doing Grey Peak after Skylight (after placing our obligatory rock on the uber cairn), instead of the Haystack option. Distant views were hazy, but otherwise it was a great 360° view on Skylight. The herd path to Grey was in good shape. It was a busy day on the peaks and everyone was having fun. Participants: Tom DuBois, Patricia Lockwood, Frank Gandhi, and Ellen DuBois.

Gothics & Sawteeth, Sunday, August 7, Lorraine MacKenzie, 11 participants

- We defied the rain and won. Our positive thinking blew away the clouds from the summit to reveal spectacular views. The slides on Gothics were spectacular. Participants: Erica Halbrook, Sue Keely, Joanne Walczak, Colleen Downing, Ravi Verma, Rich Holms, Paul Etu, Jack Whitney, Sandy Yellen, Klaus Sommerlatte, Lorraine MacKenzie.

Goodnow Mountain Fire Tower, Saturday, August 13, Rich Crammond, 3 participants

- What a great day to be on the trail! It's a good thing we went up in the tower cab when we first got to the top of Goodnow because about five minutes later there was a steady flow of other hikers going up the tower also. There were 91 signed in at the trail head after us! EEKS! Highlights of this hike were the great view and the falcons we saw. Thanks to Rich and Sue for hiking along. It just doesn't get any better. Participants: Rich Speidel, Sue Howard, and Rich Crammond.

Evening Paddle, Tuesday, August 16, Maureen Coutant, 15 participants

- We continued paddling sections of the Hudson River and this week went from the Spier Falls launch site down to the coves. This was many participants' favorite section of the Hudson. It's beautiful in the fall as well, so we may have to return! Participants: John Annis, Mo Coutant, Charlie and Linda Czech, Paul Dietershagen, Mike George, Mary and Roy Knutson, Licia Mackey, Joy Muller McCoola, Christy Phelan, Malina Stawarz, January Stephens, Bill Thomas, and Rudy Tomasik.



Trip reviews

Evening Paddle, Tuesday, August 30, Maureen Coutant, 3 participants

- All was calm, warm and sunny for our paddle. No sign of the destruction Irene had left in her wake. Linda and Charlie Czech had visited the eagle family on the pond earlier this summer. Charlie took a break from the hum of his generator (power was still out) to guide us on the 30th. George, revived after clearing downed trees Monday, arrived with his GPS and map of our previous visit. We headed toward Conklingville Dam scanning the tops of the pines on the left shore. Our search was easy, as the hungry screeching of a lone fledgling led us to the nest. That fellow had inched his way out on a limb near the nest just left of Breen Brook. A fisherman confirmed the bounty of fish, but there was no sign of the eagle family fishing for dinner. 'Twas great to have a close up view. We paddled past Hadley's Town beach to the dam on placid waters. Neither Conklingville nor Stewart's dams were releasing water (Ray B., you'd be safe.) since the Hudson was at flood stage. Charlie and George had me giggling with tales of previous outings and creative chapter fundraisers enroute back to our launch. Participants: Licia Mackey, Charlie Czech, George Sammons.

Pilot Knob Ridge Preserve, Sunday, September 4, Roger Fulton

- With a couple from St. Augustine, Florida we climbed the 600 feet and got a great view of Lake George. Hot day, but well worth the climb. Participants: Unknown as of press time.

Evening Paddle, Thursday, September 15, Maureen Coutant, 10 participants

- This week we paddled around Lake Luzerne and then up to the first beaver dam along the inlet. It was a chilly night and it felt good to warm up with a hot meal at the UpRiver Cafe! Great paddle then great food ... can't beat it! Participants: Mo Coutant, Paul Dietershagen, Sue Jeffs, Licia & Steve Mackey, Anne & Kevin McCullough, Jim Ralston, George Sammons, Jim Shaad.

Snowy Mountain Fire Tower, Saturday, September 17, Rich Crammond, 4 participants

- What a great day to be on the trail in the Adirondacks. Cool temps and no bugs were ok by me! Hiking with old hiking bud Kevin Cox was a plus too. His son Paul came along also. The years are going by for sure! Highlights of this outing were hiking this mountain again after 20 years and the great views we had from the tower cab. It just doesn't get any better. Participants: Kevin Cox, Paul Cox, Charlie Czech, Rich Crammond.

Seymour, High Peak, Sunday, September 18, Alison Darbee, 10 participants

- Seymour proved to be a great day in the woods. The temperatures were in the mid 30's or so when we started out, great for a fast-paced hike! We had a leisurely lunch at the top with clear views from the spot a little past the summit. Great group of hikers and everyone seemed pleased with the day we had! And thanks to Joe Murphy for stepping up as Co-leader. Participants: David Crouse, Holly Lee, Dan Stec, Jon Laurin, Marsha Noble, Lynne Nagengast, Dave Nagengast, Rita Cedar, Joe Murphy, and Alison Darbee.

5th Peak Lean-to, Tongue Mountain Range, Sunday, September 18, Lorraine MacKenzie, 7 participants

- The leaves didn't change colors yet but the trail was in good shape for post Irene. The views of Lake George were as beautiful as ever. Drinks in Bolton Landing topped off the day! Participants: Sharon Zaccari, Margie Litman, Carol Chiarella, Dave Zuka, Gina Oliveri, Shelly Burke, Lorraine MacKenzie.

Coles Woods, Fall Wildflower Trek, Glens Falls, Sunday, September 18, Roger Fulton, 9 participants

- Nine of us enjoyed a casual walk through Coles Woods on a beautiful early fall day. We found plenty of wildflowers still in bloom and enjoyed good company. We followed the hike with a little socialization at a local restaurant. Overall it was a great day. Participants: Unknown as of press time.

ADK Monthly Monday Geocache trip, Monday, September 19, Maureen Coutant and Sarah King, 3 participants

- This month we returned to French Mountain to look for a few caches in the area that Sarah had not found. We introduced Lisa to geocaching and she was a big help! Participants: Mo Coutant, Lisa DeNooyer, Sarah King.

Pharaoh Lake Wilderness Area Trail Work, Saturday, September 24, Maureen Coutant, 7 participants

- Ok ... not exactly easy! But it was rewarding. Seven of us moved just over 30 boards that were used to rebuild a bridge that was washed downstream when a beaver dam broke just upstream during Hurricane Irene. We made three trips and I was almost lapped by Steve who was always carrying three times as much as me, but I think his legs are twice as long! We also used the shovel that Steve brought to drain some of the mud holes on the road/trail into the sign-in box. The mosquitos ... who invited them? Participants: Bill Bechtel, Jim & Mo Coutant, Alison Darbee, Steve Mackey, Wayne Richter, Dave Zuka.

High Peak, Haystack, Sunday, September 25, Joe Murphy and Ray O'Connor, 12 participants

- A full 12-hour day including headlamps for part of the group, but we couldn't have asked for better weather or views on top of an amazing mountain! The trail was muddy and wet at some points, with some fun stream crossings. We enjoyed a treat of pumpkin chocolate chip cookies with cream cheese frosting from Marsha. Participants: Alison Darbee, Colleen Downing, Dan Kane, Susan Keely, Jon Laurin, Holly Lee, Joe Murphy, Marsha Noble, Ray O'Connor, Jeff Reale, Dan Stec, Ravi Verma.

WE WANT TO HEAR FROM YOU!

What types of outdoors-related apps for "smart phones" do you find to be fun, interesting, and/or helpful?



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 and e-mail address, 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.

Do you have a new e-mail address?

If you change your e-mail address, please e-mail the chapter Webmaster (webmaster@adk-gfs.org), so that you will continue to receive information from our chapter between newsletters. The Webmaster will update the Chapter e-mail list and forward the change to ADK Headquarters.

