

MAY - JULY 2012



No 1203

Chepontuc Footnotes

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



What Can We Find?

Program

Flora and Fauna

When: 7pm May 23
What: Presentation and slide show by ADK

Where: Crandall Library

Join us for a program with the Southern Adk Audubon Society for a flora and fauna program prepared by ADK's Education Dept. This slide show will introduce different ecosystems and what can be found in them. The interrelationships of these plants and animals help sustain the community as a whole. Following the program, a few local shots of wildflowers and backyard birds will be used to test your knowledge. Come see if you're smarter than a 4th grader (Chapter Chair Coutant's daughter, Genevieve)!

ADK's Black Fly Affair A Hikers Speakeasy

Saturday, June 9, 2012
6:00pm to 11:30pm
at the

Hiland Park Country Club
195 Haviland Road
Queensbury, NY

Silent & Live Auctions * Bootleggers Tasting Table *
Live Dance Music provided by *The O-Tones* * Jeanne Benas,
Caricaturist * Libations and Delectable Edibles

www.adk.org



Bring Something to Share!

By Maureen Coutant

Spring has sprung ... early! I haven't heard too many complaints about that, but I have heard some concerns about frost (or snow) after bushes and trees have budded and even bloomed. Also, the warm early spring and low snowfall resulted in drier than usual trails for this time of year, but that could change with a few major spring showers! In the meantime, be sure to heed the burn ban and avoid all "mud season" trails. Check trail conditions with DEC or ADK before heading to the High Peaks in the spring. As I write this in early April, we've already

seen a few spring wildflowers. You should get out earlier than usual to see those flowers that we're treated to for a short window of time. If you don't get a chance to see them in person, come to our May Program with the Southern Adirondack Audubon Society for a program on Adirondack Flora and Fauna.

Our May program is the last program until September as experience has shown us that few ADKers like to come inside when the weather gets warmer and the days longer. Speaking of longer, on June 19th, we are once again planning a Longest Day event (actually the day before the Longest Day). We did this last year and we've been asked to do it again. This year, we will once again offer a paddle on the west shore of Lake George and a hike up Prospect in the

late afternoon to early evening. The plan is to finish by 7ish and meet up in the Village of Lake George for a picnic dinner or take out. Bring something to share if you'd like. See the outings schedule to sign up for an outing or just come to Shepards Park and join us at 7:30. We'll be at the picnic tables on the lake side of the bandstand. We had a beautiful evening last year and hopefully we will again this year. Rain date: Wednesday, June 20th

Finally, I wanted to thank all of you who made donations to ADK at the end of last year. We took a hit to our revenue with Hurricane Irene and the subsequent storm last fall. We'd been running behind

budget for donations, but those donations in December made up the gap. They didn't make up for all the revenue shortfalls, but it certainly helped to not have a shortfall in donations as well. We're also doing much better than many nonprofits in retaining our membership, and once again, thank you for continuing to support ADK. Our membership and development department is only a few people, but they work hard to keep donations coming in and retaining our members. They also work *very* hard to put on "The Black Fly Affair" each year, which is ADK's major fundraiser. This year it's on June 9th at the Hiland Country Club in Queensbury. Please try to come and continue your support of ADK!



CHAPTER CHAIR Report

"Thank you to all who made donations to ADK."

Chepontuc Footnotes

Published Bimonthly
Glens Falls Saratoga ADK Chapter
Adirondack Mountain Club
PO Box 2314, Glens Falls, NY, 12801

Executive Committee Officers:

Chapter Chair Maureen Coutant
Phone: 745-7834 chapterchair@adk-gfs.org

First Vice Chair Tricia Lockwood
Phone: 275-6054 vicechair1@adk-gfs.org

Second Vice Chair Laura Fiske
Phone: 884-0345 vicechair2@adk-gfs.org

Secretary John Caffry
Phone: 798-0624 secretary@adk-gfs.org

Treasurer John Schneider
Phone: 584-8527 treasurer@adk-gfs.org

Directors
Jonathan Lane, Laura Fiske, Linda Ranado
Email for all directors: director@adk-gfs.org

Past Chapter Chair Heidi teRiele Karkowski
Phone: 585-7206 pastchair@adk-gfs.org

Committee Chairs:

Annual Dinner: vacant

Conservation Jacki Bave
Phone: 587-3754 conservation@adk-gfs.org

Education Linda Ranado
education@adk-gfs.org

Hospitality Gretchen Steen
Phone: 638-6139 hospitality@adk-gfs.org

Membership Pat Desbiens
Phone: 899-9688 membership@adk-gfs.org

Newsletter/Editor Jill Gruben
newsletter@adk-gfs.org

**Outings Alison Darbee
and Madeline Kowalik-Bova**
outings@adk-gfs.org

Programs Sarah King
Phone: 798-0615 programs@adk-gfs.org

Publicity Jen Shepherd
publicity@adk-gfs.org

Trails Tom Ellis
Phone: 638-6139 trails@adk-gfs.org

Web site George Sammons
Phone: 743-9692 webmaster@adk-gfs.org

Wilderness Jim Schneider
Phone: 581-9367 wilderness@adk-gfs.org

Young Members Group Jonathan Lane
Phone: 744-4594 ymg@adk-gfs.org

Nominating Committee News

By Laura Fisk, Chair

Help Wanted!

At the annual meeting each fall, chapter officers are elected to serve the chapter for the upcoming fiscal year. In the spring, a nominating committee is formed to put together a slate of officers for the annual meeting.

As the nominating committee chairperson I am seeking four people to serve on the committee with me. The duties of the committee will be to brainstorm on the names of individuals to serve as officers and contact these individuals to determine their interest and answer any questions they may have about the position. The description of duties for all officers and elected posi-

tions available in the chapter by-laws on the chapter website.

In addition to filling current vacancies, I am seeking to build a list of individuals that may be interested in chapter leadership positions in the future. At times, vacancies occur during the year and positions need to be filled.

If you are interested in being a part of the nominating committee or becoming involved in the leadership of the chapter please let me know. My contact information is listed under the second vice chair in the Executive Committee listing on the second page of the newsletter or on the website under the chapter info tab.

Executive Committee Meeting Minutes Synopsis

Minutes from February 1, 2012

Treasurer John Schneider presented the January 2012 Treasurer's Report where assets were \$5,268, down \$1,105 from the prior month.

Chapter Chair Mo Coutant reported that Heidi teRiele Karkoski resigned as Chair of the **Annual Dinner Committee**. Heidi remains on the Executive Committee, as Immediate Past Chair.

It was discussed that **Firetower Challenge** ("FTC") completers are only required to complete the checklist and submit \$3.00 for the patch; a descriptive letter is optional.

It was unanimously agreed to ask Chapter member Bob Aspholm, who designed the Chapter patch, if he could paint a decorative Adirondack chair, which the Chapter could then donate to the Club's **Black Fly Affair** fundraiser, instead of the usual basket, and he is willing to do this.

Nominating Committee Chair Laura Fiske reported that she anticipates one Director slot and one Vice-chair slot being open this year.

Wilderness Committee Chair Jim Schneider reported that there was minimal damage from Hurricane Irene. He is working with the Club Publications Committee on updating the **Firetower Challenge** book.

Hospitality Chair Gretchen Steen requested that programs be limited to one hour and that she be able to discuss the gas fracking issue at future programs.

Younger Members Group Chair Jonathan Lane discussed a goal of adding more YMG outings leaders, creating a YouTube channel (the Club has one now), and adding games to the website.

John Schneider reported that he is planning the 2013 **Winter Camp** outing.

Chapter Chair Mo Coutant discussed her interest in doing more joint programs with **Southern Adirondack Audubon**. She said that the Chapter had received a thank you letter from Club President Jim Bird for the Chapter's \$3,000 donation to the Club in 2011.

Fire Tower Challenge News

By Kathi and Tim Noble

We're happy to report three new members of the Fire Tower Challenge:

Jeff Patterson, Rochester
Travis Graig, Cherry Valley
Jim Weeks, Oriskany Falls

For those of you wishing to hike the recently opened Loon Lake Mt Tower to your list of accomplishments but are having a difficult time finding directions here's some guidance that should get you there.

Head North on Route 3 out of Saranac Lake past Vermontville, after several miles take a left onto County Rt 26/Old Route 99 (it may also show on maps as Port Kent-Hopkinton Turnpike). Continue towards Loon Lake(s). Go past Loon Lake(s) and you will come to a DEC sign and parking area for Grass Pond on the right side of the road. Less than 500 feet on the left you will notice a gate barring access to a dirt road. There isn't much room to park there so it is probably best to park at Grass Pond parking area. When I was there in mid February, the only sign was a yellow DEC Trail Marker on a post next to the gate. This is the access to the trail where the DEC has a small sign about 3/4 mile up the dirt road directing you to the tower. Sorry I can't provide mileage markers as it took me few trips up and down the road before I was able to locate the trail. Enjoy and if anyone has up to date info on signs and/or mileage let us know. Thanks!

NEW MEMBERS - GF/S CHAPTER

NEW MEMBERS - G/F SARATOGA CHAPATER JANUARY, 2012

Rocco Casinelli, Fort Edward
Kimberly Chamberlain, Lake George
Diane Corvetti, Lake Pleasant
Andy Fogle, Saratoga Springs
Greg Good, Saratoga Springs
Dan, Linda, Megan, Sarah & Caitlin Gorss, Greenfield
Zeryai & Karen Galvin, Saratoga Springs
Katharine Horn, Waterford
Kerry, Megan & Owen Mayo, Saratoga Springs
Patricia Schwankert, Clifton Park
Glenn, Jaime & Oliver Underwood, Lake George

REJOINED MEMBERS

Sarah Bachman & Lachlan Ingram, Cobbitty, NSW
Bruce, Gail & Kate Cushing, Greenwich
Dean & Pamela Higgins, Saratoga Springs
Lucille Sollazzo, Tappan, New York

NEW MEMBERS - FEBRUARY, 2012

Deanna Burtchell, Glens Falls
Simone Desrochers, Ballston Spa
Christopher Goldsmith, Hudson Falls
Allison Howard, Saratoga Springs
Marc Kenyon, Athol, New York
John & Marquita Rhodes, Gansevoort

REJOINED MEMBERS

Peter & Dianne Bly, Fort Ann
Tim & Kate Casey, Greenfield Center
John, Elena & Olivia Doty & Beth Kirkpatrick, Westford, Vermont
Valerie Keen, Mechanicville
Christi & Justin Page, Plattsburgh
Paul Pelosi, Corinth

Receive Chepontuc via email!

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www.adk-gfs.org

WANTED

Help labeling newsletter for mailing

Send all Inquiries to
chapterchair@adk-gfs.org

By Linda Rinado,
Education Chair

Well, we are done with our annual search for candidates for the 2012 summer season camperships. As previously stated, we are sponsoring three teens for the DEC programs. Recently, we have added one more to our ADK Teen Trails sponsorships. Elliot Nark from Schenectady will also have the opportunity to learn the ins and outs of trail maintenance while actively participating on a trail project under the guidance of ADK trained counselors. We wish all seven candidates a pleasant experience! Our committee will be leading some scavenger hikes for the local YMCA's Healthy Kids Day on Saturday, April 28th as well. Hope you'll come out and join in the fun. There's not much else on our agenda for the moment, but remember we are available in an outreach basis to supplement youth-related programs relating to hiking and the environment.

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 (blow-down, 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

Adirondack Mountain Club

Headquarters Workday

Saturday, May 19th

9:00 am - approx. 2:00 pm*

Join fellow ADKers to spruce up ADK headquarters!

Just off Exit 21 of the Northway

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

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

- If we get done by 2, we'll head over to the LG Rec area for a short walk through the woods.**

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

Outings and Programs Schedule [updated calendar on web site]

Date	Day	Type	Destination	Leader(s)	Rating
May					
1	Tue	Walk/Hike	Tuesday Outings	Maureen Coutant	NR
2	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
5	Sat	Walk	Spring Bird Walk – Wilton Wildlife Preserve & Park	Rich Speidel	C-
6	Sun	Hike	Birding on the LGLC's Last Great Shoreline & Gull Bay	Laurie LaFond	C
6	Sun	Hike	New Black Mountain Fire Tower - Black Mountain Loop	Bill Carpenter	B
7	Mon	Geocache	Monthly Geocache	Sarah King /Mo Coutant	D/B
8	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
10	Thu	Paddle	Evening Paddle	Maureen Coutant	NR
12	Sat	Hike	Hadley Wildflower Hike	John Schneider	B
12	Sat	Hike	Camp Saratoga in Wilton Wildlife Preserve	Reg Prouty	C
12	Sat	Walk	Spring Bird Walk – Pack Forest, Warrensburg	Rich Speidel	C-
13	Sun	Hike	YMG - West Kill - Catskill High Peak	Jonathan Lane	B+
13	Sun	Hike	Blue Ledges on the Hudson	Lorraine MacKenzie	C
15	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
17	Thu	Paddle	Evening Paddle	Maureen Coutant	NR
19	Sat	Hike	Mt. Adams Fire Tower	Rich Crammond	B+
19	Sat	Other	ADK Headquarters Work Day	Maureen Coutant	NR
19	Sat	Paddle/Camp	West Mountain Canoe, Camp, and Hike	Jayne Bouder	A
19	Sat	Walk/Hike	Spring Bird Walk & Climb – Pack Forest, Warrensburg	Rich Speidel	C
20	Sun	Hike	YMG - Hurricane Mountain Fire Tower	Jen Shepherd	B+
20	Sun	Hike	New Ampersand Mountain	Bill Carpenter	B+
20	Sun	Hike	*Family-friendly hike to Pine Orchard	Jill Gruben	C
22	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
23	Wed	Program	Flora & Fauna Program with So. Adk Audubon Society	Maureen Coutant	NR
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
31	Thu	Paddle	Evening Paddle	Maureen Coutant	NR
June					
2	Sat	Hike	Saddleback and Basin	Cole Hickland	A
2	Sat	Paddle/Camp	Henderson Lake Canoe & Camp/ Indian Pass Rock	Jayne Bouder	A
3	Sun	Hike	Cascade and Porter Mountains, High Peak Hike	Bill Carpenter	A
5	Tue	Paddle	Tuesday Outing	Maureen Coutant	NR
9	Sat	Hike	Macomb, E Dix, S Dix, Hough, Dix	Steve Mackey, Mike Fuller	A++
9	Sat	Hike	Blue Mountain Fire Tower Hike	Rich Crammond	B
9	Sat	Other	Black Fly Affair	Deb Zack	NR
9	Sat	Walk	Birding Field Trip - Washington County Grasslands	Laurie LaFond, Rich Speidel	C-
10	Sun	Hike	Wilton Wildlife Preserve *Family Friendly	Jill Gruben	C-
11	Mon	Geocache	Monthly Geocache	Sarah King/Mo Coutant	NR
12	Tue	Walk	Tuesday outing	Maureen Coutant	D/C
14	Thu	Paddle	Evening Paddle	Maureen Coutant	NR
16	Sat	Bike	BRANT LAKE BIKE TRIP	Neal Van Dorsten	B
16	Sat	Hike	YMG - Colvin and Blake - High Peaks	Jonathan Lane	A+
17	Sun	Hike	Buck Mountain	Lorraine MacKenzie	B+
19	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	B-
20	Wed	Hike	Prospect Mountain	Steve Mackey	B
20	Wed	Paddle	Longest Day Evening Paddle & Picnic	Maureen Coutant	NR
23	Sat	Hike	Pharaoh Mountain	Reg Prouty	B+
23	Sat	Paddle/Camp	Rainbow Lake	Jayne Bouder	A
24	Sun	Hike	Tabletop Mountain with possibility of adding Phelps	Bill Carpenter	A
July					
1	Sun	Bushwack	Lost Gorge Rockhop &	Jayne Bouder	A
7	Sat	Hike	YMG - Hadley Fire Tower & Summit Guide Welcome	Jen Shepherd	B+
8	Sun	Hike	Street & Nye	Lorraine MacKenzie	A
9	Mon	Geocache	Monthly Geocache	Sarah King/Mo Coutant	NR
10	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
15	Sun	Hike	MONTCALM POINT HIKE AND SWIM	Neal Van Dorsten	C+
17	Tue	Hike	Midweek Trip Spectacle Pond	Neal Van Dorsten	C-
21	Sat	Bike	SCHROON LAKE LOOP BIKE TRIP	Neal Van Dorsten	B+
21	Sat	Hike	Grassy, Slim and Wilson Ponds	Rich Crammond	B-
24	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
24	Tue	Walk	Midweek Trip Lake walk	Neal Van Dorsten	C
28	Sat	Hike	Giant Via Ridge Trail	Reg Prouty	A+
28	Sat	Paddle/Camp	Raquette Lake	Jayne Bouder	A
29	Sun	Hike	Peaked Mountain	Neal Van Dorsten	B+

Outings Schedule

TUESDAY OUTINGS - [Walk/Hike]

Tue, May 1, 2012, 9:15 am, Rating: NR

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

- For our May trips the focus will be wildflowers. So we'll head to the Skidmore North Woods, Hadley Mtn, and a few of our other favorite flower spots. Call or email Sunday to find out the details.

EXECUTIVE COMMITTEE MEETING

Wed, May 2, 2012, 7:00 pm, Rating: NR

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

- Executive Committee meeting at Carl R's in Queensbury

SPRING BIRD WALK – WILTON WILDLIFE PRESERVE & PARK

Sat, May 5, 2012, time TBD, Rating: C-

Leader: Rich Speidel - 623-2587

- May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we will stop often and keep track of the species identified. Please bring binoculars. Group size is limited, so please call ahead to register. The rain date is Sunday, May 6. Meeting place: Camp Saratoga, Scout Road.

BIRDING ON THE LGLC'S LAST GREAT SHORELINE & GULL BAY PRESERVES - [Hike]

Sun, May 6, 2012, 7:15 am, Rating: C

Leader: Laurie LaFond - llafond@winterraptorfest.com

Colead: Licia Mackey - 793-6484 or smackey33@verizon.net

- Laurie did bird surveys in the LGLC's Last Great Shoreline Preserve last year. She offered to co-lead an outing and share her expertise. We'll head north to the LGSP first and follow the Sucker Brook Trail to look for woodland warblers, thrushes and other favorite songbirds, then drive south to the Gull Bay Preserve to visit the heron rookery. Bring your binoculars (etc.), lunch, and wear good boots (the rookery trail is often wet). Take usual precautions against ticks and biting insects. The Last Great Shoreline trails are narrow so the group size limit is 12. Check out the Lake George Land Conservancy's site at LGCL.org. They have great info and pictures of the views, wildlife, and birds we'll hope to see.

Contact Licia to sign up. (The rain date is May 20) Meet at Panera's 7:15 or at 8:00 at McDonalds, Whitehall.

BLACK MOUNTAIN FIRE TOWER - BLACK MOUNTAIN LOOP - [Hike]

Sun, May 6, 2012, 8:00 am, Rating: B

Leader: Bill Carpenter - 793-5506

- A good start for the season; an easy climb with occasional steepness. For those planning something later in the day, the time is approximately 4 hours, depending on the group. Distance is approximately 8.5 miles. Let's use this hike to as a warm up to do the High Peaks after mud season. Rain will cancel.

MONTHLY GEOCACHE

Mon, May 7, 2012, 9:15 am, Rating: D/B

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

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

- Come join us on a trip to a preserve or mountain to look for the hidden caches that you can find by using a handheld GPS. If you don't have one, but want to help us look ... come along. The more the merrier! We generally stay within an hour of Glens Falls. Call or email Sarah for more details! ***Note this is a date change from the prior newsletter***

TUESDAY OUTING - [Walk/Hike]

Tue, May 8, 2012, 9:15 am, Rating: NR

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

- See May 1st

EVENING PADDLE

Thu, May 10, 2012, time TBD, Rating: NR

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

- I'll be starting up the evening paddles again on this day (unless the weather doesn't cooperate). Usually the first trip of the year is on Lake Luzerne and up the inlet to Second Lake. I'm not sure if the blow down

will let us do that this year, so contact me earlier in the week to see if we'll be doing this trip or just paddling around the lake. For May, I'm doing a couple of trips on Thursday evenings, since I'll still be doing the walks/hikes on Tuesdays. For June through October, we'll be back to Tuesdays. Of course the weather can always move it to another night, so check in the day before to get the latest plan.

HADLEY WILDFLOWER HIKE

Sat, May 12, 2012, 8:00 am, Rating: B

Leader: John Schneider - 584-8527

- I have led many wildflower hikes in the Tongue Mountain Range, hiking up to Fifth Peak, then down to the Point of Tongue and out, for a 14 mile A-rated trip. One year we spotted about 30 different types of flowers. This trip will be quite a bit shorter and with less elevation – could it be a function of advancing years? We will take a leisurely stroll up Hadley enjoying the wildflowers along the way. Hopefully, with the early heat spell we have had, the wildflowers will still be at their peak. I do not expect to find 30 different kinds of flowers, but we should have a great time looking. Also, the views from the fire tower will be grand. Rain will cancel – Dan D'Angelico calls this "The Schneider Rule."

CAMP SARATOGA IN WILTON WILDLIFE PRESERVE - [Hike]

Sat, May 12, 2012, 9:00 am, Rating: C

Leader: Reg Prouty - 518-747-9736

- We will meet at the entrance to the visitor center at 9:00 A.M. on Scout Road. We may take several of the trails there or circumnavigate the pond depending on conditions. There are trails there that tell the story of the New Karner Butterfly. The habitat is conducive to that species. The trails are flat and distance will be less than five miles at an easy pace.

SPRING BIRD WALK – PACK FOREST, WARRENSBURG

Sat, May 12, 2012, time TBD, Rating: C-

Leader: Rich Speidel - 623-2587

- This will be a leisurely morning walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will check for birds around Pack Forest Lake and the Grandmother's Tree, a towering 175 foot white pine some 320 years old. Please bring binoculars. The rain date is Sunday, May 13. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

YMG - WEST KILL - CATSKILL HIGH PEAK - [Hike]

Sun, May 13, 2012, 7:00 am, Rating: B+

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

- This is one of the Catskill High Peaks; it offers great views and beautiful waterfalls. Round-trip distance approximately 7 miles. Moderate pace. Contact leader for meeting location.

BLUE LEDGES ON THE HUDSON - [Hike]

Sun, May 13, 2012, 9:00 am, Rating: C

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

- The ADK website advertises this location as "An Interesting Spot Along the Wild Hudson." It is one of the few trails that end at the Hudson River Gorge, a turbulent section of the river. We should see whitewater & spring flowers – what a combination! Maximum distance will be 5.2 miles, with minimal elevation gain. Rain cancels.

TUESDAY OUTING - [Walk/Hike]

Tue, May 15, 2012, 9:15 am, Rating: NR

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

- See May 1st

EVENING PADDLE

Thu, May 17, 2012, 5:30 pm, Rating: NR

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

- We generally paddle on rivers and lakes within 45 minutes of Glens Falls. The evening trips are scheduled to allow people to join us after work and enjoy the beauty at the end of the day. During May, I have 2 trips on Thursdays if the weather allows. During June, the trips will be on a Wed & Thursday. Then in July, I settle back to my normal Tuesday evening

Outings Schedule

pattern that I've done in prior years. So, check the calendar and weather forecast and email or call a few days before a scheduled trip for more info. I reschedule if the forecast is threatening storms. NOTE: This year life jackets must be worn on all ADK trips. This is a new requirement from our insurance carrier.

MT. ADAMS FIRE TOWER - [Hike]

Sat, May 19, 2012, 9:00 am, Rating: B+

Leader: Rich Crammond - 584-2380

- The meeting time for this hike is at 9AM at the Upper Works Trailhead, Tahawus area. This will be about 4.8 miles round trip with an elevation gain of 1,700 ft. Great views of the High Peaks on a clear day. Call leader for details and directions. See you there!

ADK HEADQUARTERS WORK DAY - [Other]

Sat, May 19, 2012, 9:00 am, Rating: NR

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

- Come join fellow ADKers to spruce up the ADK Headquarters building and grounds in Lake George. We're just off Exit 21 heading towards Lake Luerne. No special skills required! If the weather is nice, we'll rake, stain, paint, do windows, etc. Wear your work clothes and come on out and help us get done early so we can do a short hike afterwards! Call or email for more info.

WEST MOUNTAIN CANOE, CAMP, AND HIKE - [Paddle/Camp/Hike]

Sat, May 19, 2012, 7:30 am, Rating: A

Leader: Jayne Bouder - 793-3770

- May 19-20. This West Mountain lives on the South Shore of South Bay, near Whitehall. We'll paddle and camp on South Bay, then explore trail blazed Conservancy Land including West Mountain. There will be interesting terrain, a nice waterfall, and overlooks - including a unique view across South Bay of the Diameter Cliff. We'll paddle about eight miles, and hike seven - eight miles, with maybe 1,300 ft. of ascent.

SPRING BIRD WALK & CLIMB – PACK FOREST, WARRENSBURG

Sat, May 19, 2012, time TBD, Rating: C

Leader: Rich Speidel - 623-2587

- A morning to afternoon bird walk along Pack Forest Lake, and a gradual 400 foot climb to a scenic overlook atop Ben Wood Mountain. We will cover a round trip distance of about five miles at an easy pace, and record the species identified. Please bring binoculars. The rain date is Sunday, May 20. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

YMG - HURRICANE MOUNTAIN FIRE TOWER - [Hike]

Sun, May 20, 2012, 7:00 am, Rating: B+

Leader: Jen Shepherd - 518-312-0133, jshepherd501@gmail.com

- Lets hope that the April showers stay in April this year and there are plenty of May flowers to view on the way up to the Hurricane Mountain summit. Pace is moderate to leisurely with plenty of opportunity for photos along the way. Plan for lunch on the summit. We'll be going in from 9N making this a 5.2 mile round trip hike with a 2,000 ft elevation gain. Contact leader for meet up information. Rain will cancel.

AMPERSAND MOUNTAIN - [Hike]

Sun, May 20, 2012, 7:30 am, Rating: B+

Leader: Bill Carpenter - 793-5506

- There are great views from Ampersand Mountain, looking at the Seward Range, then to the more distant High Peaks. Turn around, and you can look below to the Saranacs and the lake country. This is a great hike to get ready for the High Peaks; first half is easy, second half is steep and rugged. Approx. distance of 5.5 miles. Hopefully, we can split into two groups for those who want to stop for Tail of The Pup Restaurant on the way home. Rain will cancel.

*FAMILY-FRIENDLY HIKE TO PINE ORCHARD

Sun, May 20, 2012, 9:30 am, Rating: C

Leader: Jill Gruben - newsletter@adk-gfs.org

- Pine Orchard consists of several acres of enormous white pines a/k/a the redwoods of the northeast. Some of the pines are six feet in

diameter! Location is near Wells in the southern Adirondack region. This family friendly hike is approximately 4 miles round trip. Bring lunch to munch on in the grove. Leader and husband Michael Rubinstein hike with their 4-year-old and 21-month-old twins. Contact leader for meeting location and to sign up!

TUESDAY OUTING - [Walk/Hike]

Tue, May 22, 2012, 9:15 am, Rating: NR

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

- See May 1st

FLORA & FAUNA PROGRAM WITH SO. ADK AUDUBON SOCIETY

Wed, May 23, 2012, 7:00 pm, Rating: NR

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

- We are joining the Southern Adk Audubon Society for an excellent program. This time we will be enjoying a presentation of flora and fauna put together by ADK's Education Department. Join us at Crandall Library at 7pm.

TUESDAY OUTING - [Walk/Hike]

Tue, May 29, 2012, 9:15 am, Rating: NR

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

- See May 1st

EVENING PADDLE

Thu, May 31, 2012, 5:30 pm, Rating: NR

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

- See May 17th

SADDLEBACK AND BASIN - [Hike]

Sat, Jun 2, 2012, 6:00 am, Rating: A

Leader: Cole Hickland - 884-9332, Auditorguy@yahoo.com

- Expect some steep climbing on this trail between Saddleback and Basin. This will be a full day so bring plenty of water and snacks, not to mention plenty of bug dope. Putting the dope on gives you something to do to take your mind off of all the black flies biting you. We will keep a moderate pace so we can all stay together. There is a possibility to add Haystack to the trip depending on the group, we can make that call when we see how everyone feels.

HENDERSON LAKE CANOE & CAMP/ INDIAN PASS ROCK

SCRAMBLE - [Paddle/Camp/Hike]

Sat, Jun 2, 2012, 7:30 am, Rating: A

Leader: Jayne Bouder - 793-3770

- We'll camp someplace on Henderson Lake, climb to Summit Rock and the boulder field scramble, then poke around the lake (maybe not in that order). The leader has an extra boat, and boat wheels for the 1/4 mile carry. There will be 11 miles of hiking with 1,000 ft. of ascent, and six - seven miles of paddling, at a moderate to leisurely pace.

CASCADE AND PORTER MOUNTAINS, HIGH PEAK HIKE

Sun, Jun 3, 2012, 7:30 am, Rating: A

Leader: Bill Carpenter - 793-5506

- Now that we have had our warm up hikes in the past few weeks, it is now time for a High Peak hike. These two can be a good start on your 46, or a nice day on the mountains. Rain will cancel.

TUESDAY OUTING - [Paddle]

Tue, Jun 5, 2012, 9:15 am, Rating: NR

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

- During June, I wrap up my Tuesday outings. School gets out and I have to cut my ADK commitments to just the paddles. But for June, I'm doing both and it's a bit crazy! I like to do at least one of my Tuesday outings as a paddle, so I'm going to do that on June 5th if the weather allows. Call or email a couple of days ahead to find out where we'll be going.

MACOMB, E DIX, S DIX, HOUGH, DIX - [Hike]

Sat, Jun 9, 2012, 6:00 am, Rating: A++

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

Outings Schedule

Colead: Mike Fuller - 802-254-3314 or farmallboy55@hotmail.com
Somebody in the chapter wanted somebody to lead these (obviously an aspiring 46'er) so here it is. We have lots of day light so we'll probably hike until we drop. Bring plenty of food and water. We might have black flies, but we'll either hike faster than they fly, or pray for a breeze. This is a big day, so if you are considering it, be in reasonable shape. However, it will not be a race, and we will stay together.

BLUE MOUNTAIN FIRE TOWER HIKE

Sat, Jun 9, 2012, 8:00 am, Rating: B
Leader: Rich Crammond - 584-2380

- Meeting place will be at Grand Union, North Creek Village on Main Street. The view from the top of Blue Mountain is always grand so lets hope for a clear day. We will hike four miles round trip with 1,550 ft. ascent to the 3,759 ft. summit. We will carpool form the Grand Union parking lot. Please call the leader for details and to sign up. See you there!

BLACK FLY AFFAIR - [Other]

Sat, Jun 9, 2012, 6:00 pm, Rating: NR
Leader: Deb Zack - 668-4447, deb@adk.org

- ADK's main fundraiser is at the Hiland Country Club in Queensbury this year. We're celebrating 100 years of ADK with a theme of the Roaring 20s in honor of the anniversary. Come out and support ADK at the silent and live auction, enjoy great food, music and dancing. Dress up or in costume, but remember it's ADK - so wear your boots! See the cover of this newsletter or adk-gfs.org for more info!

BIRDING FIELD TRIP - WASHINGTON COUNTY GRASSLANDS - [Walk]

Sat, Jun 9, 2012, 8:00 am, Rating: C-
Leader: Laurie LaFond - llafond@winterraptorfest.com
Colead: Rich Speidel - 623-2587

- Friends of the Washington County Grasslands IBA and ADK team up to look for grassland birds and spring migrants in the Washington County Grasslands Important Bird Area (IBA). This trip combines an auto loop around the heart of the IBA with a short trail hike through the gently rolling rural landscape. A wide variety of birds were observed during last year's trip: raptors (Northern Harrier, Kestrel, Red-tailed Hawk), woodpeckers, and many songbirds (including Bobolink, Meadowlark, Bluebird, Mockingbird, Brown Thrasher). Please bring binoculars and take necessary precautions for tick bite prevention and sun protection. Group size is limited to 15, so please call Rich to register. The rain date is Sunday, June 10. Meeting place: Little Theater on the Farm - Plum Road, Fort Edward

WILTON WILDLIFE PRESERVE *FAMILY FRIENDLY - [Hike]

Sun, Jun 10, 2012, 9:30 am, Rating: C-
Leader: Jill Gruben - newsletter@adk-gfs.org

- Join us on a short walk in a beautiful wooded area of the Wilton Wildlife Preserve called the Neilmann Parcel. This hike will be about 2 miles, perfect for those with little or long legs! Meet at the trailhead on Ruggles Road in Saratoga Springs. Contact leader a few days before the hike to sign up! Leader and husband Michael Rubinstein hike with their 5-year-old and 23-month-old twins.

MONTHLY GEOCACHE

Mon, Jun 11, 2012, 9:15 am, Rating: NR
Leader: Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Maureen Coutant - 745-7834 or mojim@roadrunner.com
- See May 7th

TUESDAY OUTING - [Walk]

Tue, Jun 12, 2012, 9:15 am, Rating: D/C
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- This week will be a short walk since it'll be my second of three outings for the week! We'll probably walk along the Harry Betar Walkway, the Feeder Canal, or the Skidmore North Woods. Call or email a couple of days before for details.

EVENING PADDLE

Thu, Jun 14, 2012, 5:30 pm, Rating: NR
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- See May 17th

BRANT LAKE BIKE TRIP

Sat, Jun 16, 2012, 9:00 am, Rating: B
Leader: Neal Van Dorsten - 644-9453, nealvan@aol.com
- We will meet at Exit 24 and plan to bike along the Schroon River and then around Brant Lake. This ride has some small ups and downs, but is mostly level with lovely views the whole way. We will bike at an easy pace and leave no one behind. Total distance about 27 miles.

YMG - COLVIN AND BLAKE - HIGH PEAKS - [Hike]

Sat, Jun 16, 2012, 6:00 am, Rating: A+
Leader: Jonathan Lane - 744-4594, saratogahiker@infogorp.com
- Come along to visit these two interesting High Peaks. Moderate pace. Round-trip distance is approximately 14.5 miles; about six miles are along the lake road. Rain may cancel.

BUCK MOUNTAIN - [Hike]

Sun, Jun 17, 2012, 8:00 am, Rating: B+
Leader: Lorraine MacKenzie - 791-9794, otczone@aol.com
- I have always referred to this mountain as a mini high peak in the Lake George area. It's 6.6 miles round trip with 2,000 ft of elevation gain. We'll be hiking on mixed terrain with stream crossings & steep bare rock sections. There's even a 'false summit'! The view at the top is magnificent. Rain cancels.

TUESDAY OUTING - [Walk/Hike]

Tue, Jun 19, 2012, 9:00 am, Rating: B-
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- This will probably be short hike to finish off the midweek season for me. Possibly to Buck Mtn or Cat Mtn. It'll be a potluck lunch to celebrate the end of the school year and beginning of summer. Call or email for details a couple of days before.

PROSPECT MOUNTAIN - [Hike]

Wed, Jun 20, 2012, 4:30 pm, Rating: B
Leader: Steve Mackey - 793-6484, smackey33@verizon.net
- We will meet at Panera at 4:30. If you know where the trailhead is, you can meet us there at 5:00. We will attempt to reach the top, but we will turn around at 6:30 regardless, to head back down. We will meet Mo's group at Shepard's Park at 7:30. You are welcome to bring a picnic, or buy pizza or subs, etc. in town.

LONGEST DAY EVENING PADDLE & PICNIC

Wed, Jun 20, 2012, 5:15 pm, Rating: NR
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- This will be our 2nd annual Longest Day event. We'll paddle from the east side of Lake George for about 1-1/2 hrs before heading to the Village of Lake George for a picnic dinner in the park. Pack a picnic dinner and something to share or stop for some take out and join us in Shepards Park at 7:30pm. We hope to join up with other ADKers who just come out to enjoy Lake George or those who joined another trip!

PHARAOH MOUNTAIN - [Hike]

Sat, Jun 23, 2012, 8:00 am, Rating: B+
Leader: Reg Prouty - 518-747-9736, reginaldprouty@yahoo.com
- We will approach the trail via the Crane Pond Road. Pharaoh Mtn. actually has three separate summits with one being the site of the destroyed toppled fire tower. All three have superb views of the Schroon Lake-Ticonderoga Pharaoh Lake Wilderness area. Ascent from Crane Pond is 1,470 feet and total round trip distance from the DEC parking lot is 9.8 miles.

RAINBOW LAKE - [Paddle/Camp]

Sat, Jun 23, 2012, 12:00 pm, Rating: A
Leader: Jayne Bouder - 793-3770
- June 23-4. This lake lies 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 namesake eskers, and The Flow without having to rush.

Outings Schedule

About 12 miles, moderate to leisurely pace, with time to stop. The leader has a boat to lend.

TABLETOP MOUNTAIN WITH POSSIBLITY OF ADDING PHELPS

[Hike]

Sun, Jun 24, 2012, 7:00 am, Rating: A

Leader: Bill Carpenter - 793-5506

- Tabletop Mountain, a must-do for your 46, by itself is a B+. If some of the group choose to do Phelps as well the others can wait at the junction. Hike time for both is about nine hours. Distance is approximately 15 miles. Rain will cancel.

LOST GORGE ROCKHOP & - [Bushwack]

Sun, Jul 1, 2012, 7:00 am, Rating: A

Leader: Jayne Bouder - 793-3770

- The gorge is full of user friendly rocks, crystal pools, and waterfalls of all sizes. Later on in the woods is a large, smooth rock with great views. We will bush-wack seven miles (half trailless) 1,100 ft. ascent, at a moderate pace. North Boquet River, Dix Mountain Wilderness.

YMG - HADLEY FIRE TOWER & SUMMIT GUIDE WELCOME - [Hike]

Sat, Jul 7, 2012, 7:00 am, Rating: B+

Leader: Jen Shepherd - 518-312-0133, jshepherd501@gmail.com

- Most people don't know that several fire towers, Hadley being one of them are staffed by a summit guide for most of the summer. While Hadley is a very nice hike on its own, I'd like to make this one a bit different. Lets welcome the new guide by bringing him/her extra water and non perishable food items (not a requirement to join the fun). We'll have a nice lunch on the summit and possibly explore the north side as well. Round trip is 3.6 miles with a 1525ft. elevation change. Pace will be on the leisurely side, plenty of opportunity for photos and rest breaks. Rain may cancel. Contact hike leader for meet location.

STREET & NYE - [Hike]

Sun, Jul 8, 2012, 7:30 am, Rating: A

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

- Nye Mt stands only 3,895 ft tall but is part of the original 46 and still counts today towards the goal. Street does top the 4,000 foot mark by 166 ft. The total elevation gain will be approximately 2,300 ft over a distance of about 7.5 miles. Unlike many of the other high peaks, the summit consists of trees not bare rock so views are limited but like all the other hikes just being in the woods is fantastic! Rain cancels.

MONTHLY GEOCACHE

Mon, Jul 9, 2012, 9:15 am, Rating: NR

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

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

- See May 7th

EVENING PADDLE

Tue, Jul 10, 2012, 5:30 pm, Rating: NR

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

- See May 17th

MONTCALM POINT HIKE AND SWIM

Sun, Jul 15, 2012, 9:00 am, Rating: C+

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

- We will meet in Bolton Landing across from the Lakeside Lodge. Then we will go to Clay Meadows and hike the beautiful shoreline of Lake George to Montcalm Point, where we will have lunch and take a swim, then we will boat back to town to retrieve our cars. This is a great trip, and is offered only once this year.

MIDWEEK TRIP SPECTACLE POND - [Hike]

Tue, Jul 17, 2012, 9:00 am, Rating: C-

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

- Midweek trip, in for Mo. We will hike along the a spectacular brook and magnificent woods to the Pond. This walk is truly breathtaking. Only about 2.5 miles round trip with easy walking, some slight ups and downs, and a stop at the Eclectic Adirondack Store. Meet at the parking

area at Exit 24 around 9 am. Call or email to confirm.

SCHROON LAKE LOOP BIKE TRIP

Sat, Jul 21, 2012, 9:00 am, Rating: B+

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

- We will meet at exit 24 for this very scenic and interesting bike trip. There is some terrain, but also lots of level stretches with plenty of water and mountain views. We will stop at the eclectic Adirondack Store for a snack and look around and then bike along the lake and back. This trip is roughly 27 miles and we will go at an easy pace, leaving no one behind. Email or call to sign up.

GRASSY, SLIM AND WILSON PONDS - [Hike]

Sat, Jul 21, 2012, 8:00 am, Rating: B-

Leader: Rich Crammond - 584-2380

- Meeting place: Grand Union, North Creek Village, Main Street. This is a 5.8 mile round trip hike. Let's stay cool in the lowland for these three Adirondack bodies of water. Some muddy areas and little elevation change. Please call leader for details and to sign up. This hike is in the Eagle Lake, Blue Mt. Lake area. We will carpool from the Grand Union in North Creek. See you there!

EVENING PADDLE

Tue, Jul 24, 2012, 5:15 pm, Rating: NR

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

- See May 17th

MIDWEEK TRIP LAKE WALK

Tue, Jul 24, 2012, 9:00 am, Rating: C

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

Colead: standing in for Mo

- This is a nice walk around Lake Moreau. We will meet at Starbucks in Glens Falls at around 9 am. We'll have great views and the opportunity to jump in for a swim if you wish. Allow a few hours as we will be enjoying the many sights.

GIANT VIA RIDGE TRAIL - [Hike]

Sat, Jul 28, 2012, 7:00 am, Rating: A+

Leader: Reg Prouty - 518-747-9736, reginaldprouty@yahoo.com

- Giant Peak via the Ridge Trail is one of my favorite climbs as the views are great all the way up if we take time to turn around at numerous locations on the overlooks on the approach. This hike will be an excellent opportunity for someone to add a peak or revisit a peak at a pace that will be comfortable for all. Round trip distance is six miles with a 3,050 feet ascent.

RAQUETTE LAKE - [Paddle/Camp]

Sat, Jul 28, 2012, 12:00 pm, Rating: A

Leader: Jayne Bouder - 793-3770

- July 28-9. We could camp at Big Island, or Tioga Point, and explore the Marion River to the carry, or the Needles, or South Inlet to the falls (maybe even hike to the old Sagamore powerhouse). I'm open to suggestions. But later on, Sunday, St. Williams on Long Point is having their annual chicken barbecue, and I'll be going to there, for sure! We'll paddle eight - 10 miles, at a moderate, unrrushed pace. Anyone who wants to only attend the barbecue might find us there between 1-4 p.m. on Sunday. There's a free ferry from Raquette Lake village.

PEAKED MOUNTAIN - [Hike]

Sun, Jul 29, 2012, 9:00 am, Rating: B+

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

- This is an astonishingly beautiful hike, first along Thirteenth Lake, then a mountain brook, then along a pretty wetland and on to Peaked Pond. Finally, we will take a short steep trip up to the summit of Peaked Mountain for some spectacular views on the rugged and pristine woodlands. Anyone can have the option of waiting at Peaked Pond if they wish. Allow about four or five hours for this leisurely hike and bring a lunch. We will meet at the trailhead or call carpool from Bolton. Sign up early, as this is a popular hike.

Trip Reviews

Midweek outing Tue, Jan 3, 2012, Maureen Coutant

- Well, we didn't have snow, so this was a walk through the Skidmore Woods in Saratoga. We didn't even have any ice to deal with. Hmm ... winter?? Anyway, we introduced the area to some Saratogians and then headed downtown for coffee and snacks. 12 Participants: Joanne Armstrong, Ellen Sheehan Card, Andrea Chartier, Mo Coutant, Cathy Fleming, Liz Gee, Ginger and Joe Kelterborn, Sarah King, Licia Mackey, John Schneider, and Bill Schwarz.

Midweek outing Tue, Jan 10, 2012, Maureen Coutant

- This week we travelled a bit further to visit a spot suggested by a member in the Saratoga area. We headed north of Lake Desolation for an easy bushwhack around Archer Vly Pond. Although there was no ice on the ground, the ice on the pond was letting us know it was there. It's constant groaning was quite loud at times! Before we realized it was the ice, we thought there might be a moose nearby. 8 Participants: Mo Coutant, Cathy Fleming, Eric Krantz, Licia Mackey, George and Irene Sammons, John Schneider, and Deb Wood.

YMG - Fire Tower - Leader's Choice Sat, Jan 14, 2012, Jonathan Lane and Rachel Luch

- We headed south to hike Overlook Mountain near the town of Woodstock in the Catskills. The weather was perfect and the trees were coated in ice, which shined and shimmered beneath the sun. After getting our fill of the mountain, a few of us checked out the book store at the monastery across the street, then headed into Woodstock to eat and check out the local shops. It was definitely a fun day! 6 Participants: Bill Barton, Erica Halbrook, Jonathan Lane, Kathy Ryan, Jen Shepherd, and Joanne Walczak.

Barton High Cliffs Loop Sun, Jan 15, 2012, Jayne Bouder

- We set out on a clear, sunny, single digit day, with mercifully low winds. A few inches of frozen snow, topped with an inch of new snow, made for nice going all day, with fresh animal tracks for company. In some places, including the hill, Irene had left lots of new blowdown. We pushed our way up (and a little down) through it, spotted some High Peaks, Brant Lake, and Pharaoh as we carefully walked the 1/4 mile of cliff top to a more sheltered lunch spot. Continuing the loop down and around to the 1/4 mile boulder strewn cliff base, we agreed that looking up at the cliffs was even better than standing on top of them. The sun was golden and the trees were throwing long shadows as we blithely passed our unused snowshoes on the way out. Thank you Steve for retrieving them on Tuesday! Thank you both for a great day! 3 Participants: Jayne Bouder, Terry Fluri, and Steve Rodriguez.

Midweek outing Tue, Jan 17, 2012, Maureen Coutant

- This week we walked along the trails in the Lake George Recreation Area. We wound up on the trail that goes up the backside of Prospect, but didn't go too far. The trails had a bit of packed snow and ice and we found grippers helpful, but not entirely necessary. We meandered on the lower trails a little bit and got home before any of the potential

rain and sleet forecasted for that day made an appearance. 6 Participants: Mo Coutant, Margaret Curtis, Sarah King, Eric Krantz, Licia and Steve Mackey.

Pyramid & Gothics Sat, Jan 21, 2012, Steve Mackey

- We actually had winter conditions and winter weather. The skiing part was pretty decent. In the beginning, under the hemlock trees, there was a lot of ice, but the further we skied the better it got. From Lower Ausable Lake, we bare booted up until the intersection with Sawteeth, but from there on, it was full blown winter, and we had deep snow and had to wear snowshoes. We even had to take turns breaking trail. On the summit of Gothics we actually got a little sunshine and the view was very good. We moved along pretty swiftly and finished before dark. 3 Participants: Mike Fuller, Cole Hickland, and Steve Mackey.

Monthly Monday Geocache Mon, Jan 23, 2012, Maureen Coutant and Sarah King

- This month we headed to Pack Forest in Warrensburg (we actually went on 1/9 due to a schedule conflict). We hiked along a snowmobile trail with no snow to an overlook of the pond from Ben's Woods. The cache was easy to find and we were thankful for its placement since it introduced us to this nice easy hike. 5 Participants: Mo Coutant, Bruce Cushing, Sarah King, Brian Nichols, and Don Thorn.

Midweek outing Tue, Jan 24, 2012, Maureen Coutant

- You know it gets to be a struggle to figure out what to do in a winter without local snow! We want to ski or snowshoe! Instead, we walked along the Harry Betar Walkway in South Glens Falls. It had rained the day before, but the walkway was in pretty good shape. There was a little ice in spots on the lower trail and all ice on top. Grippers were helpful, but those without were very careful and did fine. Afterwards, we walked over to the new coffee shop in Glens Falls. 8 Participants: Andrea Chartier, Mo Coutant, Anita Dingman, Licia Mackey, Gary Rodd, George Sammons, Diane Sante, and Deb Wood.

Stillwater Locks Eagle Watch Sat, Jan 28, 2012, Rich Crammond

- This was one of the most pleasing outings for me and my fellow hikers. The weather was almost unreal for January and we just plain had a good time. Highlights of this outing were spending some time with people from Stillwater I haven't seen in years and they also brought along their grandkids so they could show them a pair of Bald Eagles along the trail! Cool stuff! Alan Gee zoomed them in with his camera. It just doesn't get any better! Thank you all for sharing this day. 7 Participants: Alan Gee, Liz Gee, Bella Estill, Larry Estill, Karen Estill, Sam Estill, and Rich Crammond.

Midweek outing Tue, Jan 31, 2012, Maureen Coutant

- 11 Participants: This week we hiked beyond the Lake George Rec Area trails to Berry Pond. This was the first time many of us had been there. It was definitely a day for grippers! The trails were pure ice but just off the trails ...

Trip Reviews

nothing. The pond itself is pretty small, but very interesting with plenty of fresh beaver activity. Participants: Nancy Burke, Andrea Chartier, Mo Coutant, Steve Gray, Sarah King, Eric Krantz, Danny Lombard, Licia Mackey, Gary Rodd, George Sammons, and Janet Stephens.

Thirteenth Lake--Botheration Pond Loop Sun, Feb 5, 2012, Bill Schwarz

- There wasn't enough snow for the backcountry tour, so we went to nearby Garnet Hill for a decent day of skiing on groomed trails. 4 Participants: Bob Boyea, Nancy Kimball, Charlotte Smith, and Bill Schwarz.

Tuesday outing Tue, Feb 7, 2012, Maureen Coutant

- This week we went to the Saratoga Spa State Park and walked along the roads trying to avoid the ice in the shaded areas. It was a nice spring or winter walk and then we headed into Saratoga for lunch. 11 Participants: Mo Coutant, Steve Gray, Ginger and Joe Kelterborn, Sarah King, Licia Mackey, George and Irene Sammons, John Schneider, Fred and Sandra Songayllo.

Gothics Via Beaver Meadow Falls Trail Snowshoe Hike

Sat, Feb 11, 2012, Mike McLean

- We hit the trail on a much warmer than predicted day with temperatures in the teens and traction devices on our feet right from the get go due to glare ice in the parking lot, along the Lake Road and especially on the steep climb adjacent to Beaver Meadow Falls. We exchanged crampons and micro-spikes for snow shoes at the large boulder a few hundred feet below the junction and finally enjoyed some powder snow to the summit of Gothics, where close up views of clouds and snow were had only. Back to the junction, we decided to throw in Armstrong as two folks had never climbed it. The views from the Armstrong summit ledge were just as good as from Gothics. We returned the way we came, making our way back over the tricky ladders, carefully down the ice and crunched our way back to the parking lot. A nice 12 mile hike with wonderful company. 4 Participants: Mike McLean, Susan Soboroff, David Charles, and Dan Scatena.

YMG - Sweeneet Pancake Hike - Fire Tower Sat, Feb 11, 2012, Jonathan Lane and Jen Shepherd

- What a great day! We started with an awesome breakfast at Sweet Sue's and were astounded by how much Ravi and Rachel ate! We then headed up Tremper to work off the yummy meal. Nice weather, but snowshoes weren't needed - enough ice for microspikes though! 10 Participants: Andy, Claudia, Bill Barton, Rich Crammond, Erica Halbrook, Pal-lavi Kahai, Jonathan Lane, Rachel Luch, Jen Shepherd, and Ravi Verma.

Heart, Bear, and Rock Ponds Valentine Hike/snowshoe

Sat, Feb 11, 2012, Reg Prouty

- Although there was not enough snow for snowshoeing, five of us had an enjoyable day of hiking the counter-clockwise loop of these three ponds. We spent a little time at each pond and had lunch at Rock Pond by the iron boiler and explored the cave after lunch. 5 Participants: Reg

Prouty, Laura Fiske, Jayne Bouder, Maria Rawson, and Scott Cooper.

Midmonth Geocache Mon, Feb 13, 2012, Sarah King and Mo Coutant

- This month the group traveled a bit further to the Henning Preserve near Lake Desolation. Our group made quick work of finding the caches we were hunting for (except one) and we explored a few others in the nearby area and found a beautiful old cemetery and what was once a TB hospital. 8 Participants: Edwin Barget, Mo Coutant, John Earl, Steve Gray, Sarah King, Licia Mackey, Brian and Jeanne Nichols.

Tuesday outing Tue, Feb 14, 2012, Maureen Coutant

- This week we walked along the Feeder Canal from Hudson Falls to Ft. Edward. The trail was mostly free of ice and we all had a nice walk. Isn't it suppose to be winter? Shouldn't we be skiing this trail? 11 Participants: Joanne Armstrong, Andrea Chartier, Patty Campbell, Mo Coutant, Karen Darfer, Steve Gray, Sarah King, Licia Mackey, George and Irene Sammons, and Bill Schwarz.

Spruce Mtn Firetower w/ Saratoga PLAN Sat, Feb 18, 2012, Jacki Bave and Andy Fyfe (Saratoga PLAN)

- We had a great turnout and a beautiful sunny day, but not enough snow for snowshoes. The trail was a little confusing where private land had been logged, but we all made it to the top, where we enjoyed lunch. Andy of Saratoga PLAN shared the news that the county would transfer land at the summit to DEC, a first step in preserving access to this fire tower destination. 20 Participants: Cheryl and Steve Aquilla, Caren Baker, Jacki Bave, Andrea and Ken Chartier, Dan Dolan, Theresa Dudek, Randolph Franklin, Eva Freeman, Andy Fyfe, Licia Mackey, Terry and Melissa Olmsted, Marne Onderdonk, Anne Rokeach, Steve Schreiber, Paul Tinney, Don Washburn, and Ethan Zwirn.

South Meadows to Tahawus Sun, Feb 19, 2012, Steve Mackey

- The snow was a little sketchy at the beginning, but the further we skied, the better it got. By the time we reached Marcy Dam, other than a few big rocks, the skiing was excellent. We didn't have enough people to do the ski through, so we skied from South Meadows to the caretakers cabin at Lake Colden, and then back. We ran into an old ranger friend at Marcy Dam and he thought Maureen's electronic dog leash was a great idea, though he wasn't sure if it was legal. It was a great trip. 3 Participants: Jim Schneider, Maureen Laskey, and Steve Mackey.

Tuesday Outing Tue, Feb 21, Maureen Coutant

- This week we walked along the trail at the Hudson Pointe Preserve and were able to get over the bridge ... just barely! Afterwards, we walked along the ridge trail and headed back to the parking area. Although the trail was mostly clear, there was ice in a few places making grippers handy. 8 Participants: Andrea Chartier, Mo Coutant, Steve Gray, Ginger and Joe Kelterborn, Licia Mackey,

Trip Reviews

George and Irene Sammons.

Tuesday Outing Tue, Feb 28, 2012, Maureen Coutant

- This week we walked along the Feeder Canal from Hudson Falls towards Glens Falls. We haven't done this section in quite awhile. We enjoyed the spring-like "winter" day, each others company, and home-made molasses cookies. We also looked into the quarry just off Warren Street in Glens Falls before heading for coffee and a snack. 8 Participants: Patty Campbell, Andrea Chartier, Mo Coutant, Anita Dingman, Licia and Steve Mackey, Diane Sante, and Bill Schwarz.

Vista Trail from Shelving Rock to Erebus Sun, Mar 4, 2012, Jayne Bouder

- Road conditions had us starting from the State Trailhead, instead of Shelving Rock, and our revised route on small snowshoes and untracked trails took us a ways downhill before connecting to the Vista Trail. Just in time for the best scenic burnt bump, and on up until, thwarted by improbable horse trail markers, we lost the trail. Then, considering the 6/10ths mile, 700 ft. ascent to Erebus, we backtracked. We successfully navigated, encountering pterodactyl turkey tracks, and some other inexplicable ones, back to our own tracks below the Vista Trail. The long uphill slog back was lightened as the sky improved from somewhat overcast to intensely late day beautiful. Great hike! 3 Participants: Jayne Bouder, Eric Kimmelman, and Leslie Seigard.

Tuesday Outing Tue, Mar 6, 2012, Maureen Coutant

- This week we walked around the Village of Lake George. We started at Million Dollar Beach and walked along the lake to Shepards Park. From there we continued North along Canada Street and then turned around and headed along the back streets to the Prospect Mtn trailhead. From there we headed to Cafe Vero for drinks and snacks before heading home! Nice little Village tour before the crowds of summer arrive! 11 Participants: Joanne Armstrong, Mo Coutant, Anita Dingman, Steve Gray, Ginger and Joe Kelterborn, Sarah King, Eric Krantz, Licia Mackey, George and Irene Sammons.

Mount Colden Sat, Mar 10, 2012, Steve Mackey

- It was a beautiful winter day, a little cold, but not so cold that we couldn't hang out at the summit for a long time. We didn't need our snowshoes at all, but carried them with us just in case. At the summit, there was a big outings group from the University of Vermont that we got to visit with and exchange stories. They had come up from the Lake Colden side and informed us that it was very icy, so we took their advice and returned via Lake Arnold. We had a great energetic, enthusiastic group. (Mike—thanks again for the home-made brownies.) 5 Participants: Mike Fuller, Cecilia Elwert, David Charles, Brian Baston, and Steve Mackey.

Midmonth Geocache Mon, Mar 12, 2012, Sarah King and Maureen Coutant

- Our monthly geocache hike this month was to Thomas Mountain. Our intent was to check out the new blue trail going up to the cabin on Thomas. We found the start of the

trail marked by a geocache, which unfortunately was missing. We followed the plentiful blue markers up the trail, finding three caches along the way. We sat at the cabin enjoying the sunshine and lunch. We returned to the Thomas trailhead via the orange trail/logging road. Beautiful weather and good company made for a great time. 5 Participants: Sarah King, Anita Dingman, Steve Gray, Bruce Cushing, and Licia Mackey.

Tuesday Outing Tue, Mar 13, 2012, Maureen Coutant

- This trip was really led by Anita Dingman. I think she's a 5th generation Hadley resident. She gave us a tour of the area. We saw the bow bridge and the park just down the road where you get an excellent view of the whitewater. We walked along some old trails that were once home to her Grandfather's business just downriver of Rockwell Falls. Then we crossed over to Luzerne and toured the library, the Upriver Cafe, and got a guided tour of the Adirondack Folk School. We walked by the one-room school house, the river flowing out of Lake Luzerne, and to a couple of beaches on Lake Luzerne. Finally, we stopped in to the Lamplighter Inn and we were given a tour and the history of that building! Thanks Anita for a wonderful tour and all the information about the area! 14 Participants: Mo Coutant, Anita Dingman, Ann Fisher, Steve Gray, Anne Hurly, Ginger and Joe Kelterborn, Sarah King, Licia Mackey, George and Irene Sammons, Bill Schwarz, Judith Thomas, and Deb Wood

Mt Marcy Snowshoe/crampon Sun, Mar 18, 2012, Jean Holcomb

- Well! After agonizing over the potential trail problems (ice, floods, sucking mud etc.) for this hike, the conditions for our Marcy showshoe/microspike turned out to be perfect. Due to high water on Marcy Brook we took the jeep road in from the South Meadow parking area which made this a 17 mile trip but the trail was so user friendly that it hardly made a difference. We had some mud and tacky ice below Indian Falls but the micro spikes handled everything with ease. From then on, it was packed down snow right to the top. In the mid day heat we had to change to snow shoes as the trail softened but we never had a problem with sticky snow or breaking crust. Ravi fell into a few spruce traps as the showshoe trail led right over the krummholz, but other than that, all went smoothly. I topped out at 1 o'clock while the others all arrived within 45 minutes. It was the warmest most beautiful day I have ever spent on this peak and for most of the time we had it to ourselves. There was not a cloud in the sky and only a light breeze. It was all sort of magical. A great way to finish my winter 46. Many thanks to Jayne for being my faithful sweep and the other members of my little group for being there to celebrate with me. 4 Participants: Jayne Bouder, Ravi Verma, Jen Shepherd, and Margaret O'Keefe.

Tuesday Outing Tue, Mar 20, 2012, Maureen Coutant

- This was a great trip filled with little springtime surprises! We did a couple of very short hikes on the east side of Lake George, up to the Pilot Knob gazebo and another short hike just down the road. Both of these hikes give you

Trip Reviews

a 'big bang for your buck' or great views with relatively little effort! Plus, we were treated to hearing spring peepers and the rare sound and sight of wood frogs - they sound like a flock of chickens. The first spring flower (*hepatica*) was spotted, a couple of snakes, a dead porcupine, a woodland hawk (maybe a coopers?), a raven, and its nest with six eggs. The weather was summerlike and the Mackey's taught us how to whistle with an acorn top! It was a great day out! 14 Participants: Patty Campbell, Andrea Chartier, Mo Coutant, Karen Darfler, Steve Gray, Ginger and Joe Kelterborn, Sarah King, Dan Lombard, Licia and Steve Mackey, Bob McMahon, Becky Meath, and George Sammons.

YMG - Red Hill - Fire Tower & Grub Sun, Mar 25, 2012, Jonathan Lane and Rachel Luch

- This turned out to be a wonderful hike. The rain held off, but the summit was pretty socked in. On our way down the sun made an appearance, which was great. We stopped to photograph some beautiful water-walls and flowering trees after leaving the trailhead, then stopped at a local restaurant for lunch. 8 Participants: Carolyn Abdo, Bill Barton, Rich Crammond, Erica Halbrook, Jonathan Lane, Rachel Luch, Tom Schenck, and Jen Shepherd.

Tuesday Outing Tue, Mar 27, 2012, Maureen Coutant

- Even though it was back to actual spring weather, we had a great turnout to enjoy a walk along the Wilkinson Trail at the Saratoga Battlefield. We saw plenty of deer, some red-tailed hawks, an American Kestrel, a garter snake, and the birders in the group probably identified some of the other birds we saw or heard. We had a quick picnic at the tables outside the visitor center to finish off the day! Good to get back there! 21 Participants: Sue Atwell, Stewart Brown, Patty Campbell, Andrea Chartier, Mo Coutant, Coral Crossman, Larry Fox, Liz Gee, Steve Gray, Sue Howard, Ginger and Joe Kelterborn, Sarah King, Laurie LaFond, Licia Mackey, Bob McMahon, Dianne Sante, Klaus Sommerlatte, Judith Thomas, Marti Townley, and Deb Wood.

WANT TO READ MORE TRIP REVIEWS?

adk-gfs.org/reviews.shtml

WANT TO SEE PHOTOS FROM TRIPS?

adk-gfs.org/photos2012.shtml

SAVE THE DATE!

Our Chapter Annual Dinner will be held Friday, October 26 at Lillian's in Saratoga!

Have you heard about this neat new gear that is gaining traction for production?

A pocket-size washing machine rolls up to the dimensions of a can of soda but can wash the equivalent of two or three T-shirts. The Scrubba Washbag, invented by a backpacking Australian who travels light, has a foldable wash-board inside. Simply add a few liters of water, a few drops of soap and agitate for 40 seconds. Then rinse and line dry.

NATIONAL TRAILS DAY Saturday, June 2, 2012 * Caroga Lake, New York

Where: Ferris Lake (FLWF) and Shaker Mountain (SMWF) wild forests

When: 9 am to 1 pm, meet at designated trailheads

Trail Projects:

Echo Cliff Trail (FLWF): Drainage cleaning & blowdown removal, 1.6 mile (mi.) round trip (RT.)

Kane Mountain, East Trail (SMWF): Water bar construction and drainage cleaning, 1.6 mi RT.

Nine Corner Lake Trail (FLWF): Campsite clean-up and privy replacement, 1.8 mi. RT.

Spectacle Lake Trail (FLWF): Sidecutting and blowdown removal to Fourth Lake, 5.8 mi. RT.

Stewart & Indian Lakes Trail (SMWF): Sidecutting and blowdown removal, 4.6 mi. RT.

Chase Lake Trail (SMWF): Sidecutting and blowdown removal, 5 mi. RT. to lean-to

To register and receive more information, call **518-523-3441** or download a registration form www.adk-org

Outings Instructions: For more information see "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 MINI MUM 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 /QUA KER Road. Follow .5 mile to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTH

WAY 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.

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 ring 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!

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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.

Ratings

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/polypyro 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. New faces offer more varied outings while sharing their personal favorite destinations. Contact the Outings Chairs on page 2 for more information.

Programs 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 Programsil 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, 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: 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 .



www.adk-gfs.org

Chepontuc Footnotes

Glens Falls - Saratoga Chapter Adirondack Mountain Club
P.O. Box 2314,
Glens Falls, New York 12801

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POSTMASTER: CONTAINS DATED MATERIAL.
PLEASE DELIVER PROMPTLY. THANK YOU.

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!

Reminder:

Please include your e-mail address when renewing your membership!

