



# Chepontuc Footnotes

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

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



## A Hadley Mountain Birthday!

By: Jen Shepherd

On the morning of August 30, 2012 I awoke early to prepare myself for another trip up to the Hadley Fire Tower. I hike this mountain frequently over the summer months. This particular trip was a little different though; it was special. I had been looking forward to it for several weeks.

August 30, 2012 is Jack Freeman's 75th birthday. Jack Freeman is the author of the book Views from on High, Fire Tower Trails in the Adirondacks and Catskills. This book was my guide through the fire tower challenge, as I'm sure it is for many people. Jack is also the past chair of the Hadley Mountain Fire Tower Committee. I'm a newer member of that committee and it is a big deal for me to meet Jack. He's an inspiration. Hiking this mountain that he loves on his 75<sup>th</sup> birthday is truly amazing, especially due to what happened to him on December 24, 2007.

Jack wasn't feeling well while working out at the YMCA in Glens Falls. He called his good friend at the time and now wife, Tillie Helms, to come and take him home.

Once home, he had a severe headache. He headed to Glens Falls Hospital. He had a cerebral hemorrhage and needed to be airlifted from Glens Falls Hospital to Albany Med. While there, his surgeon removed a portion of Jack's skull so the brain could swell and also to relieve pressure. The surgeon advised family and friends that Jack may not survive the procedure, and if he did, it wasn't likely he'd ever hike again. Tillie believed that Jack was not only strong enough to survive that surgery, but also he'd be up and hiking again in no time.

While he survived the surgery, he had a long road to recovery. For the first few months after leaving Albany Med, Jack couldn't even stand on his own. Then in March he began rehabilitative therapy and went to Albany Med to have the removed portion of his skull replaced. Jack improved a great deal at a rapid pace after this second surgery and was able to hike Hadley Mountain on his 71<sup>st</sup> birthday with assistance.

For Jack's 75th birthday, Tillie planned for a few people to meet at the Hadley trailhead and hike up as a surprise. Jack's friends and fellow hikers reached the summit with plenty of time to decorate the fire tower in balloons and banners. It took Jack about four hours to reach the summit. He was surprised and happy when he did. As he approached, he asked with a laugh, "Is that Tillie there?"

Once Jack had a chance to be greeted by everyone, we ate an excellent vegan lunch made by Tillie. She awoke at 3am to bake carrot cake cupcakes for our dessert and they were delicious! After our picnic-style lunch, the entire group gathered around the fire tower for a photo.

While I was reluctant to leave my favorite fire tower, it was time to head back down to the car and home. I said a final farewell to Jack and got him to autograph my copy of his book, a very special treat for me.

I have great stories and special memories from all my travels up to the summit of Hadley in the past year, but none are quite like this last trip! I hope that Jack has many more happy birthdays and continues to climb Hadley Mountain.



# Will you fill our openings?

By Maureen Coutant

It's hard to believe that I've been the Glens Falls-Saratoga Chapter Chair for the past two years. The time has flown by!

We have a great Executive Committee that makes it pretty easy to run the Chapter. The hardest part for me is getting this report written and to our Newsletter Editor by the deadline. Ok, I've never actually made the deadline and I didn't with this last report either! Jill, our editor, probably would have thought it was junk mail and deleted anything from me sent ahead of time! The easiest part is running our monthly meetings

with our Committee Chairs that are all dedicated to making our Chapter the best that it can be. But we need some help from some new people. As I write this at the end of September, we don't have anyone lined up to be Chapter Chair next year. We also have a vacancy at the Vice Chair position. I'm hoping that someone will step up between now and the Chapter Dinner or at least by the end of the year. So if you are interested in filling a vacancy on the Executive Committee, please give me a call and I'll give you the scoop on what the job entails.

The Ragnar Race will be over by the time this newsletter is printed. I'm hoping it goes well, the weather is nice, and ADK receives a big donation from Ragnar for providing volunteers. I know they'll have at least 50 and many of them from our Chapter! Thank you to all the GFS ADK volunteers!

I'm also looking forward to the Annual Dinner at Lillian's, which is a new venue for us. By the time the newsletter goes out, we'll know how

the buffet worked out and hopefully many of you will love Peggy Lynn's singing and song writing even more than before! Thank you Peggy!

Please check out the November Program date and location change. As we were about to go to print with this copy of the newsletter we realized that David Avigdor's program, *Reflections off the Beaten Path*, was going to be on the same night as the Victorian Street Walk in Saratoga. It's hard enough to find parking for a regular program, but it would be impossible that night. Thank you to Sarah, our Program Chair, and David, for coming up with an alternate night and venue. Please try to attend this and all of our great programs. We

appreciate Sarah and all our Program presenters this past year!

If you want to try to find a parking spot or take the shuttle bus to Saratoga for the Victorian Street Walk, stop by the ADK booth at the Post Office and say hi! You can also pick up some GORP and a hot beverage there!

Of course, one of the biggest thanks has to go out to the trip leaders. They have the most contact with our members and hopefully encourage you to get out and enjoy the woods and waters that your membership in ADK works so hard to protect. Our leaders are all volunteers. We appreciate them donating their time and creating a diverse outings schedule. If you'd like to become an Outing leader, please contact our Outings Chairs to find out how.

So, although my time as Chair is up ... I hope to continue to see you at the programs, dinners, and of course, out on the trails and water!



## CHAPTER CHAIR REPORT

*"So, although my time as Chair is up ..."*

## Chepontuc Footnotes

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

### Executive Committee Officers:

**Chapter Chair Maureen Coutant**  
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**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**  
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Phone: 581-9367 wilderness@adk-gfs.org

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

**By Linda Rinado,  
Education Chair**

Our Glens Falls-Saratoga ADK chapter continues to seek candidates to sponsor for week long camperships in the summer of 2013 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 DEC and \$250 ADK) will be paid by our chapter.

**Pack Forest**, located in the southern Adirondacks, is located in Warren County, about five miles north of Warrensburg, on 2,500 acres of woodlands. The property includes an 85-acre lake and countless miles of trails leading to mountain vistas, marshes and the banks of the Hudson River. The first five sessions of camp are open to teens 14 to 17 years old. These 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. 2012 participant, Whitney Wright, wrote of the many friends she gained and of all the "awesome" counselors who taught her about trees, renewable resources and pollution during her stay.

**Camp Colby** and the last two sessions of camp at Pack Forest are open to children ages 11 to 13. 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. 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, orienteering and archery. The Lake Colby Environmental Education Camps are located on the western shore of Lake Colby, just outside the Village of Saranac Lake. For both, college-educated counselor staff guides all activities, encouraging participation and respect among group members while interpreting the natural world for campers.

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 2013 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 20<sup>th</sup>**. (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 e-mail me

## **Fire Tower Challenge News**

*By: Kathi and Tim Noble*

Congrats to the six new members of the Fire Tower Challenge listed below! We received some very detailed descriptions and stories from their hikes, which are a good read! We appreciate you sharing your experiences with us. With a relatively dry summer we anticipate that more hikers were able to get out and complete the challenge.

Peter Abreu	Lisa Hoff
Linda & Steve Johnson	Mark Perrin
Dave Townsend	

## **Chapter rents snowshoes**

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

We have two pairs of men's MSR Denali snowshoes, two pairs of women's Tubbs' snowshoes and two pairs of children's Tubbs' snowshoes.

**Chapter Members:**  
\$10/weekday; \$15/weekend

**Non-Members:**  
\$13/weekday; \$18/weekend

## Reflections Off the Beaten Track: David Avigdor's Photography in the Wilderness and in Cuba

David Avigdor, Chapter member since 1986, is an avid hiker, backpacker and paddler who will discuss his trips and share with us his slides and how the images were taken. About five years ago, Avigdor added a digital camera to his outdoor gear, and has been creating both 'travel' and fine art images of his ventures. He most enjoys photographing water; his images include whitewater rivers, waterfalls, the ocean, as well as peaceful Adirondack waters such as Cedar River Flow and Paul Smiths area paddles.

### Program

Reflections Off the Beaten-  
Track

When: 7pm Nov. 26  
What: Presentation

Where: Crandall Library

[ Note changed date ! ]

Recently, Avigdor spent 12 days in Cuba at a photography workshop, which qualified as a legal visit to that country as a "people-to-people exchange." He will include images of Havana, the colonial village of Trinidad, the tobacco growing region of Viñales, and of the people of this Caribbean country. Also, Avigdor will share his impressions of being in a Communist country, and the Cuban culture.

Avigdor has photographed the Adirondacks, Acadia National Park in Maine, the New Jersey coast, Nova Scotia, the Caribbean island of St. Lucia, and the wilds of Manhattan and Brooklyn. He recently spent a weekend in Rickett's Glen State Park in Pennsylvania, which is home to more than

30 magnificent waterfalls, many of which he photographed. Avigdor paddles flatwater with the Chapter, as well as whitewater with the Schenectady Chapter. He practices law ([www.adirondacklaw.com](http://www.adirondacklaw.com)) in the Adirondack Park, in Lake Luzerne.



## 2013 Chapter Winter Weekend at Heart Lake

The Chapter will hold its 2013 Winter Weekend at the Wiezel Trails Cabin at Heart Lake from Friday, March 15, 2013 to Monday, March 18, 2013.

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

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

The rate for the weekend should be no more than \$110 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of \$110 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 12866. Call 518-

584-8527 for more details. Reservations are on a first-come, first-serve basis. If we fill all 16 spots, we will maintain a short waiting list. The past four years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

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

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

Enjoy your summer, but think of the Chapter Winter Weekend 2013.

Finally, this will be the last time John Schneider will be coordinating this event, having done this for the past 23 years. Steve Mackey has agreed to continue this tradition. Details for the 2014 Chapter Winter Camp will appear in next summer's newsletter.

**New York State Land Acquisition** – In August, New York State reached an agreement to purchase 69,000 acres of former Finch, Pruyn lands from The Nature Conservancy. The lands, to be acquired over the next five years, will provide incredible recreational opportunities, and will preserve several ecologically significant parcels. The state will use money from the Environmental Protection Fund to pay for the land.

Although some of the purchases will be completed this fall, the lands will not be open to the public immediately. The land must first be classified according to the State Land Master Plan. DEC will then write draft Unit Management Plans for the different areas. The public will have an opportunity to comment. ADK will be closely involved with these discussions, and the chapter website will carry information on Action Alerts regarding the different UMP's.

Highlights of the proposed acquisitions include:

- **Essex Chain of Lakes** – a series of eleven lakes and ponds that form a seven-mile canoe route
- **Boreas Ponds** – three linked waterways, high peaks views, and access to Boreas Mountain
- **OK Slip Falls and the Hudson River Gorge** – one of the highest waterfalls in the Adirondacks
- **Sugarloaf Mountain** – rock climbers will be able to access the cliffs on this mountain
- **McIntyre Tract in Southern High Peaks** – this acquisition will provide increased access to the Santanoni Range and to Allen Mountain

• **Upper Hudson and Opalescent River Access** - increased access to the Hudson River will make possible a 12-mile paddle from Newcomb to the confluence of the Hudson and Indian Rivers; it will also provide access to the lower Opalescent River

**Constitutional Amendments Proposed** – The NYS Legislature passed two proposed constitutional amendments, both of which would increase Forest Preserve lands and address economic issues for North Country residents. The first would resolve a land claim dispute for 200 homeowners on Racquette Lake in an area known as Township 40. These homeowners would receive clear title to their land in exchange for a fee, which would be used to purchase additional Forest Preserve land. The second proposed amendment would allow a land swap between NYCO Minerals and NYS. Two Hundred acres of Forest Preserve land in the Jay Mountain Wilderness would be sold to the mineral company for mining operations. In the process, 100 North Country residents would keep their jobs, and NYS would receive ten times the current value of the land. This money would also be used to purchase additional Forest Preserve land. ADK supports both of these proposals. If the NYS Legislature approves these amendments again during the 2013 legislative session, voters would decide the issues in the November 2013 elections.

## **NEW MEMBERS**

### **July 2012**

Gail Boggio & Michael Shalhaub, Scarsdale, New York  
Randy & Bonnie Brooks, Succasunna, New Jersey  
Anthony Ciccarino, Queensbury  
Laura Donovan, Fort Edward  
Stacy Ellis, Hadley  
Melanie Fuerst, Lake Luzerne  
Aaren Harris, Greenfield  
Ned & Darlene Kneebone, Corinth  
Roberta LeMaire, Cuba, New York  
Richard Loyst, Chestertown  
Gregory, Katherine & David Mattes, Ballston Spa  
Cheryl Prince, Ballston Spa  
Kevin Tyler, Glens Falls  
James Veirs, Ballston Spa  
Suzanne Wheeler, Lake George  
David Zebrowski, Saratoga Springs

## **Rejoined Members**

Lynn Benevento, Lake Luzerne  
Tom Clark, Salem  
Bruce Cole, Queensbury  
Judy & Gary Dobert, Lake George  
Rebecca Schmoyer, Belleville, New Jersey  
Daniel & Wendy Stewart, Queensbury  
Daniel R. Williams, Saratoga Springs

## **August 2012**

Glenn, Mary, Daniel & Jessica Brownstein, Flemington, New Jersey  
Janet, Norman, Katherine & Christina Erickson, Delhi, New York  
Scott Hayes, Lake George  
Leighann Helson, Waterford  
Remus & Sofia Preda & Lisa Randles, Argyle  
Nicholas Reeder, Saratoga Springs  
John Rourke, Porter Corners  
Marcia Trzaska, Queensbury

David Vogelsberg, Clifton Park  
Robert Mark & Ruth Ward, Diamond Point

## **Rejoined Members**

Trevor Hutchins, Mechanicville  
Mark Kilmer, Johnstown  
Alan LaBrecque, Clifton Park  
Scott, Cristina & Berkeley Starr, Saratoga Springs

## **Register by January 15th for the ADK Winter Mountaineering School!**

There are three programs:

- 1) Weekend Day Hikes
- 2) Weekend Backpacking
- 3) Week-long Combination Day Hikes/Backpacking.

[www.winterschool.org](http://www.winterschool.org)

## Outings and Programs Schedule [ updated calendar on web site ]

Date	Day	Type	Destination	Leader(s)	Rating
<b>November</b>					
3	Sat	Hike	Wakely Fire Tower	Jen Shepherd	B
3	Sat	Hike	Bennie's Brook Slide on Lower Wolf Jaw	Steve Mackey	A
5	Mon	Geocache	Monthly Monday Geocache trip	Sarah King, Maureen Coutant	NR
7	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
10	Sat	Hike	Bear, Heart, Rock Ponds	Reg Prouty	B
13	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
17	Sat	Hike	Hoffman Notch	Jayne Boudier	A-
17	Sat	Hike	Wilton Wildlife Preserve and Fire Tower	Reg Prouty	C
22	Thu	Hike	Turkey Trot #14 (Saratoga Battlefield)	Rich Crammond	C+
26	Mon	Program	David Avidgor's Photography in the Wilderness & Cuba	Sarah King	NR
27	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
29	Thu	Other	ADK at the Victorian St. Walk	Maureen Coutant	NR
<b>December</b>					
1	Sat	Hike/Snowshoe	Moreau Lake State Park	Reg Prouty	B-
3	Mon	Geocache	Monthly Monday Geocache trip	Sarah King, Maureen Coutant	NR
4	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
5	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
8	Sat	Hike/Snowshoe	Black Mountain Fire Tower	Jen Shepherd	B
9	Sun	Hike/Snowshoe	Northwest Bay Uplands	Jayne Boudier	A
11	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
15	Sat	Hike/Snowshoe	Wilton Wildlife Park Hike/Snowshoe	Rich Crammond	C+
18	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
<b>January</b>					
1	Tue	Hike/Snowshoe	Annual New Year's Day Buck Mtn. Hike/Snowshoe	Reg Prouty, Bob Aspholm	B
2	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
5	Sat	Hike/Snowshoe	Buck Mountain from Inman Pond	Jayne Boudier	A
7	Mon	Geocache	Monthly Monday Geocache trip	Sarah King, Mau- reen Coutant	NR
8	Tue	Walk/Ski/Snowshoe	Tuesday Treks	Maureen Coutant	NR
12	Sat	Hike/Snowshoe	Algonquin peak	Mike Fuller	A+
15	Tue	Walk/Ski/Snowshoe	Tuesday Treks	Maureen Coutant	NR
19	Sat	Walk/Ski/Snowshoe	Bird/Raptor Field Trip - Washington County Grasslands	Laurie LaFond, Rich Speidel	C-
22	Tue	Walk/Ski/Snowshoe	Tuesday Treks	Maureen Coutant	NR
26	Sat	Bushwack	Barton High Cliffs	Jayne Boudier	A
26	Sat	Hike/Snowshoe	Algonquin/Iroquois/and Wright Peaks	Ron Lester	A+
26	Sat	Hike/Snowshoe	Stillwater Locks Eagle Watch Hike/Snowshoe	Rich Crammond	C
27	Sun	Ski	Leader's Choice Local XC Ski	Bill Schwarz	B
29	Tue	Walk/Ski/Snowshoe	Tuesday Treks	Maureen Coutant	NR

# Outings Detail

## **WAKELY FIRE TOWER** - [ Hike ]

Sat, Nov 3, 2012, 7:00 am, Rating: B

Leader: Jen Shepherd - 518-312-0133, [jshep-herd501@gmail.com](mailto:jshep-herd501@gmail.com)

- If you are working on your Fire Tower challenge and do not yet have Wakely, this is your chance. The hike is six miles roundtrip with 1,635ft of elevation gain. The first two miles are relatively easy and along an old road and the last mile offers our climbing. For those brave enough to climb the firetower, you will get a nice 360 degree view! We'll take a couple breaks along the way for resting and/or photo opportunities. Plan to have lunch and a possible surprise snack on the summit. Once everyone is well rested and had a chance to explore, we'll head back down. We meet at Panera Bread at 7am and will carpool from there. Rain and/or bad weather will cancel. Contact hike leader with any questions or to sign up. No phone calls after 8pm please.

## **BENNIE'S BROOK SLIDE ON LOWER WOLF JAW** - [ Hike ]

Sat, Nov 3, 2012, 7:30 am, Rating: A

Leader: Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)

- If it is at all snowy or icy, we will skip the slide and hike the trail. This slide was lengthened last year from hurricane Irene, and from what I've read it is easy to find, easy to follow, and not too steep. Here is a quote from a gentleman that was doing the whole range trail: 'This would be a wonderful first slide for many people ... it's exposure was limited and it was long. It also offered what I consider the best and easiest route to the summit.' After summiting, we will return via the trail. Total distance is around seven miles.

## **ADK MONTHLY MONDAY GEOCACHE TRIP**

Mon, Nov 5, 2012, 9:00 am, Rating: NR

Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)

Colead: Maureen Coutant - 745-7834 or [mojim@roadrunner.com](mailto: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!

## **EXECUTIVE COMMITTEE MEETING**

Wed, Nov 7, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- Executive Committee meeting at Carl R's in Queensbury

## **BEAR, HEART, ROCK PONDS** - [ Hike ]

Sat, Nov 10, 2012, 8:00 am, Rating: B

Leader: Reg Prouty - 518-747-9736

- We will approach Bear Pond via the Clear Pond trail, accessing it through the Putnam Pond campsite trail. We will visit Bear Pond first and then do a counterclockwise loop, visiting Rock Pond and Heart Pond on the return to the Putnam Pond parking area. The round trip is approximately eight miles with about 400 feet of elevation change.

## **TUESDAY TREKS** - [ Walk/Hike ]

Tue, Nov 13, 2012, 9:00 am, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- I'm gradually working my way into doing weekly walks ... two in November, three in December, then four for January. I'll try to mix them up geographically between the Saratoga and Glens Falls/Lake George areas. I'm also hoping to get some snow for the holidays so we can do some snowshoeing and skiing! Call or email the Sunday before an outing to find out the plan for that week!

## **HOFFMAN NOTCH** - [ Hike ]

Sat, Nov 17, 2012, 8:00 am, Rating: A-

Leader: Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)

- Let's spend all day in a wild mountain pass! The hike is nine miles, with barely 500 ft. of ascent. The pace will be moderate to leisurely, with lots of stops.

## **WILTON WILDLIFE PRESERVE AND FIRE TOWER** - [ Hike ]

Sat, Nov 17, 2012, 9:00 am, Rating: C

Leader: Reg Prouty - 518-747-9736

- We will explore some of the loops in the Wilton Wildlife Preserve on both sides of Scout Road in the Town of Wilton. If the fire tower is open we can climb it also. The fire tower was relocated from the Luther Forest and beautifully restored. We might also hike around the lake itself. Distance will be less than four miles. Meeting place will be the parking lot on the North side of Scout Road.

## **TURKEY TROT #14 (SARATOGA BATTLEFIELD)** - [ Hike ]

Thu, Nov 22, 2012, 8:00 am, Rating: C+

Leader: Rich Crammond - 584-2380

- Meeting Place: Visitors Parking lot off of Route 32. Lets work up another holiday hunger! Around five miles of hiking for this morning outing. Cameras, field glasses, and warm clothing will be good to have! Please call leader for details and to sign up. See you there and have a Happy Thanksgiving!

## **REFLECTIONS OFF THE BEATEN PATH: DAVID AVIDGOR'S PHOTOGRAPHY IN THE WILDERNESS AND CUBA**

- [ Program ]

Mon, Nov 26, 2012, 7:00 pm, Rating: NR

Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)

- Long time ADK member David Avidgor will give a presentation on his wilderness and travel photography on November 26 at 7:00 p.m. at Crandall Library. David has been a Chapter member since 1986, and an avid hiker, backpacker and paddler. He paddles flat-water with the Chapter, as well as whitewater with the Schenectady Chapter. About five years ago, David added a digital camera to his outdoor gear, and has been creating both 'travel' and fine art images of his ventures. He will be presenting slides, as well as discussing the trips he took and how the images were taken. David most enjoys photographing water; his images include whitewater rivers, waterfalls, and the ocean, as well as peaceful Adirondack waters such as Cedar River Flow and Paul Smiths area paddles. David recently spent 12 days in Cuba, on a photography workshop. The workshop qualified as a legal visit to that country as a "people-to-people exchange." He will include images of Havana, the colonial village of Trinidad, the tobacco growing region of Viñales, and of the people of this Caribbean country. David will share his impressions of being in a Communist country, and the Cuban culture in music, dance, and cuisine. Places David has photographed include the Adirondacks, of course, as well as Acadia National Park in Maine, the New Jersey coast, Nova Scotia, the Caribbean island of St. Lucia, and the wilds of Manhattan and Brooklyn. He recently spent a weekend in Rickett's Glen State Park in Pennsylvania, which is home to more than 30 magnificent waterfalls, many of which he photographed. David practices law in the Adirondack Park, in Lake Luzerne.

## **TUESDAY TREKS** - [ Walk/Hike ]

Tue, Nov 27, 2012, 9:00 am, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)— see Nov. 13th

# Outings Detail

## **ADK AT THE VICTORIAN ST. WALK** - [ Other ]

Thu, Nov 29, 2012, 6:00 pm, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- Come visit our info booth at the Saratoga Post office on Broadway during the Victorian Street Walk. We hand out GORP! And you can enjoy the music performed, drink cider and receive commemorative stamps. Bring a friend and stop by and visit!

## **MOREA LAKE STATE PARK** - [ Hike/Snowshoe ]

Sat, Dec 1, 2012, 9:00 am, Rating: B-  
Leader: Reg Prouty - 518-747-9736  
- We will hike a favorite loop of mine that leads up to the Moreau Lake Overlook. Distance is less than five miles with only a few hundred feet of elevation change.

## **MONTHLY MONDAY GEOCACHE TRIP**

Mon, Dec 3, 2012, 9:00 am, Rating: NR  
Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Maureen Coutant - 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See Nov. 5th

## **TUESDAY TREKS** - [ Walk/Hike ]

Tue, Dec 4, 2012, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See Nov 13th

## **EXECUTIVE COMMITTEE MEETING**

Wed, Dec 5, 2012, 7:00 pm, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- Executive Committee meeting at the Wesley Community Room in Saratoga.

## **BLACK MOUNTAIN FIRE TOWER** - [ Hike/Snowshoe ]

Sat, Dec 8, 2012, 7:00 am, Rating: B  
Leader: Jen Shepherd - 518-312-0133, [jshepherd501@gmail.com](mailto:jshepherd501@gmail.com)  
- It's time for another fire tower! The Black Mountain Fire Tower is a nice hike in the winter with a very rewarding view despite not being able to climb the tower. We'll be going in from the East, round-trip distance is five miles with 1,046ft in elevation gain. Dress in layers and think festive for the holidays. There's no reason we can't be a little silly along the way. There's a strong possibility that Santa came early and left some holiday treats for the most festive hikers! We'll meet at 7am at Panera Bread and car-pool from there. Bad weather will cancel. Contact hike leader for more info or to sign up. No phone calls after 8pm please.

## **NORTHWEST BAY UPLANDS** - [ Hike/Snowshoe ]

Sun, Dec 9, 2012, 7:30 am, Rating: A  
Leader: Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- 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 trail-marked woods. We'll go approximately seven miles, and 1,800 ft. ascent. The A rating is that this is an all day trip, but the pace will be moderate, with lots of stops.

## **TUESDAY TREKS** - [ Walk/Hike ]

Tue, Dec 11, 2012, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See Nov 13th

## **WILTON WILDLIFE PARK HIKE/SNOWSHOE**

Sat, Dec 15, 2012, 10:00 am, Rating: C+

Leader: Rich Crammond - 584-2380

- Let's hike or snowshoe around the park again this year for about three miles total. We will go by the old fire tower as well. Meeting place: Dicks Sporting Goods parking lot off Route 50, Wilton Mall. See you there and Merry Christmas to all and to all a great hike! Please contact leader by the Thursday before the hike to sign up.

## **TUESDAY TREKS** - [ Walk/Hike ]

Tue, Dec 18, 2012, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See Nov. 13th

## **ANNUAL NEW YEAR'S DAY BUCK MTN. HIKE/SNOWSHOE**

Tue, Jan 1, 2013, 8:00 am, Rating: B  
Leader: Reg Prouty - 518-747-9736  
Colead: Bob Aspholm  
- We will celebrate New Years with our trek to the summit of our favorite Lake George area mountain. The round trip is only 6.6 miles with an ascent of 2,000 feet and elevation of 2,330 ft. Come help us ring in the New Year right.

## **EXECUTIVE COMMITTEE MEETING**

Wed, Jan 2, 2013, 7:00 pm, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- Executive Committee meeting at Carl R's in Queensbury

## **BUCK MOUNTAIN FROM INMAN POND** - [ Hike/Snowshoe ]

Sat, Jan 5, 2013, 8:00 am, Rating: A  
Leader: Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- From Inman Pond we'll follow the bumps around Crossett Pond and on to Buck Mountain. This outing is approximately eight miles (maybe half of them trailless) with about 1,800 ft. ascent. The A rating is because this is an all day bushwack, but the pace will be moderate, with stops.

## **MONTHLY MONDAY GEOCACHE TRIP**

Mon, Jan 7, 2013, 9:00 am, Rating: NR  
Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Maureen Coutant - 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See Nov. 5th

## **TUESDAY TREKS** - [ Walk/Ski/Snowshoe ]

Tue, Jan 8, 2013, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See Nov. 13th

## **NEWALGONQUIN PEAK** - [ Hike/Snowshoe ]

Sat, Jan 12, 2013, 6:00 am, Rating: A+  
Leader: Mike Fuller - 802-254-3314, [farmallboy@hotmail.com](mailto:farmallboy@hotmail.com)  
- Always wanted to try winter hiking but thought it was too cold and tough? Well, that is what makes it so much fun! I picked this peak because it's well used in winter. And there's some great butt-slides. We'll travel eight miles and 3,000 ft. of vertical. Beginners call leader for gear advice.

## **TUESDAY TREKS** - [ Walk/Ski/Snowshoe ]

Tue, Jan 15, 2013, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See Nov. 13th

## **WINTER BIRD/RAPTOR FIELD TRIP - WASHINGTON**

**COUNTY GRASSLANDS** - [ Walk/Ski/Snowshoe ]  
Sat, Jan 19, 2013, 2:30 pm, Rating: C-  
Leader: Laurie LaFond - 000-0000  
Colead: Rich Speidel - 623-2587



# Outings Detail

- Friends of the Washington County Grasslands IBA and ADK team up to observe winter birds in the Washington County Grasslands Important Bird Area (IBA). This mid-afternoon to dusk outing combines an auto loop around the heart of the IBA with a short trail walk or snowshoe through the gently rolling rural landscape. Raptors are the featured winter birds of the grasslands, and we hope to see rough-legged and red-tailed hawks, northern harriers, and short-eared owls. Songbirds may include horned larks and snow buntings. We will look for short-eared owls around dusk when they usually become active. Please bring binoculars and dress in warm layers. Group size is limited to 15, so please call Rich to register. The snow/rain date is Sunday, January 20.

## **TUESDAY TREKS** - [ Walk/Ski/Snowshoe ]

Tue, Jan 22, 2013, 9:00 am, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- See Nov. 13th

## **BARTON HIGH CLIFFS** - [ Bushwack ]

Sat, Jan 26, 2013, 7:30 am, Rating: A

Leader: Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)

- 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 five miles of (comparatively) easy bushwacking, and 800 ft. of ascent. The A rating is because this is an all day bushwack, but the pace will be moderate, with stops.

## **ALGONQUIN/IROQUOIS/AND WRIGHT PEAKS** - [ Hike/Snowshoe ]

Sat, Jan 26, 2013, 5:45 am, Rating: A+

Leader: Ron Lester - 518-899-4187, [muleskin-ner46er@hotmail.com](mailto:muleskin-ner46er@hotmail.com)

- This hike/snowshoe is 11 miles with approximately 4,400' of up ... and just as much down. We'll take a moderate pace. Microspikes or crampons might come in handy, in addition to your mandatory snowshoes. This can be a cold-windy-exposed route so a down jacket/sweater might keep you happier. Bring along full face coverage with goggles, and plenty of gitty-up! This is one of the most scenic High Peak routes in good weather. (They all look the same from inside a cloud. Some winter experience is recommended for this trip. We leave from Exit 19 Panera Bread at 5:45 AM. Cheers!

## **STILLWATER LOCKS EAGLE WATCH HIKE/SNOWSHOE**

Sat, Jan 26, 2013, 9:00 am, Rating: C

Leader: Rich Crammond - 584-2380

- This outing will be around one mile along the Hudson and Hoosick Rivers. Field glasses, warm gear, and Eagle eyes will come in handy! We will meet at the small parking area between the channel and canal bridges, Stillwater Lock No. 4. See you there. Please contact leader by the Thursday before the hike to sign up.

## **LEADER'S CHOICE LOCAL XC SKI**

Sun, Jan 27, 2013, 8:30 am, Rating: B

Leader: Bill Schwarz - 307-6091, [bschwarz@nycap.rr.com](mailto:bschwarz@nycap.rr.com)

- Hope for some local snow so we don't have to travel far. I'd like to ski in the Wilton Preserve or Saratoga County properties, maybe more than one location, and on ungroomed trails. Bring touring or backcountry equipment. Also, bring munchies and water since we should be skiing about four hours. If there's no snow nearby, we'll go to a touring center, which would make it an all-day excursion with a fee. Please call before 9 pm. Rain will defi-

nitely cancel.

## **TUESDAY TREKS** - [ Walk/Ski/Snowshoe ]

Tue, Jan 29, 2013, 9:00 am, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- See Nov. 13th

## **Executive Committee Meeting Minutes Synopsis**

### *Minutes from June 6, 2012*

**Treasurer John Schneider** presented the March, April and May 2012 reports. The asset balance is \$6,260 and \$3,000 was invested in a "Chapter Note" with the Club. He also reported on membership data that as of March 2012, our chapter is the largest Club chapter.

**Chapter Chair Mo Coutant** reported that the club is looking for volunteers for the Campground host program at Heart Lake.

**Wilderness Chair Jim Schneider** reported that he is working on an update to Views from on High.

## **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

# Trip Reviews

## **Allen Mt. Sat, Aug 4, 2012, Mike Fuller**

- Once again Allen lives up to it's mystical name, 'The Big Nasty.' Being deep in the Adirondack Wilderness, we were blessed with a hot and humid day. Water crossings were less than knee deep, except for a shaky part of Lake Jimmy Bridge were Katherine tested the healing effects of it's murky waters. We had some falls on Allen's famous red slime. The summit provided us with great views and we had three 46er finishers - Colleen, Dan, and Karen. It was quite an honor to have you on this hike. Congrats to everyone who got Allen; it's always a tough one. Our group size caught the attention of a DEC officer. Thanks to the Mackay family for summitting early and the rest of the group staying spread out, the officer said we fell into the guidelines. 23 Participants: Nick Lanzillo, Marissa ,Alec, Aaron, Coilean Mackay, Dan Kane, Susan Keely, Jen Shepard, Erica Holbrook, Bill Barton, Joanne Walczak, Colleen Downing, Klaus Sommerlotte, Ravi Verma, Karen Burka, Rebecca Schmoyer, Dave Crouse, Katherine Banigan, Pat Cronn, Amy Fazo, Charles Kilbourue, Eleanor, and Mike Fuller.

## **Evening Paddle Tue, Aug 7, 2012, Maureen Coutant**

- This week we did another section of the Hudson River. We paddled from just above the dam near Route 9 up to the Feeder Canal dam. It was a beautiful evening and some in the group saw a beaver or two - unless it was a muskrat. A turtle and osprey were also spotted. We paddled longer or slower than I anticipated and missed most of the Stony Creek Band concert that was going on back at the launch site. But we had musical accompaniment while finishing the trip, loading up the car, and saying goodbye. About half the group went over to the gazebo and listened to the end of the concert. Great way to finish off the outing ... to bad the hot dog vendor had left! 13 Participants: Andrea and Ken Chartier, Mo Coutant, Mark Janey, Licia and Steve Mackey, Gary McCoola, Joy Muller-McCoola, Joy Munro, George Sammons, John Schneider, Patricia Stephens, and Jean Williamson.

## **Bullhead Mt. Crash Site Bushwhack Sat, Aug 11, 2012, Rich Crammond**

- This was a wet but good hike. We didn't make it to the crash site but came very close! We will try again next spring when there is much less undergrowth. A rugged outing for sure but rewarding also, like not hiking in the downpour that came after we got back in our truck. We lucked out big time! Thanks to my fellow hiking buds for sharing this day in the Great Adirondacks! 3 Participants: Ania Gaguine, John Schneider, and Rich Crammond.

## **Skylight and Gray Sat, Aug 18, 2012, Jen Shepherd and Mike Fuller**

- First a huge thanks to Mike Fuller for being my co-lead and making sure we stayed on track. What an awesomely perfect day! We had excellent hiking weather and a group of very enthusiastic hikers. Skylight and Gray were just not enough so we added Mt. Marcy to our plans as an added bonus. Our first stop was Gray, after taking some photos at Lake Tear we crossed the mighty Hudson and headed up. The view was great with Mt. Marcy so close we could see people on the summit. After Gray, we had lunch at Lake Tear where we celebrated Mike's Birthday with some Little Debbie fancy cakes, homemade brownies and rice krispie treats. When everyone was good and stuffed we were off to four corners to drop our packs and visit Skylight. The view from Skylight is pretty amazing. Everyone was sure to carry a rock up to avoid rain. As nice as the summit of Skylight was we still had one more peak for the day. Once back at four corners we re-loaded with our packs and headed up to Mt. Marcy. On the summit we had a little celebratory toast, gave the summit steward a few good laughs and got him to take several group shots, then

headed back out on the Van Hoevenberg trail to the cars. I couldn't have had a better group of people on a more perfect day. The laughs just never stopped and although the day was long, it was extremely rewarding. Thanks to all who came! 8 Participants: Jen Shepherd, Bill Barton, Ravi Verma, Klaus Sommerlatte, Amy Fazio, Mike Fuller, Jen Hubert and Denise McQuade.

## **Cook Mountain \*Family Friendly Sun, Aug 19, 2012, Jill Gruben**

- We had a great, sweaty day in the woods! While the blueberries were no longer abundant, we were able to find a few to satisfy an eager five-year-old. The day was, however, made sweeter by an old friend trekking all the way from Montreal to join us! The day was positively beautiful and we had fantastic views of northern Lake George and Lake Champlain. Afterwards, we all went for ice cream! A highly enjoyable day was had by all! 7 Participants: Laura McNeil, Stefan Stasik, Jill Rubinstein (Gruben), Michael, Adam, Ian and Maya Rubinstein.

## **Evening Paddle Tue, Aug 21, 2012, Licia & Steve Mackey**

- We were hoping to do something a little different, and I guess you can say we succeeded in that regard. There were about five spots where the current was strong and the water was shallow. They were kind of fun on the way down, but not so much on the way back. We had a flip or two, a lost and retrieved paddle, and quite a bit of wading and dragging kayaks, but in general all went well. I was happy that everybody was a good sport and went with the flow (even when we weren't going with the flow). I got a kick watching Mike, George, and Mark paddling hard against the current and not moving forward an inch. If we do it again in the future, we hope to be able to spot a car at 1,000 Acres and just paddle downstream. 8 Participants: Mark Janey, Joy Muller-McCoola, Terry Peek, Bill Glendening, Mike George, George Sammons, and Steve and Licia Mackey.

## **YMG - Snowy Mountain Fire Tower Sat, Aug 25, 2012, Jen Shepherd**

- Yet another incredible day on the trails. The day was gorgeous although a little humid at times. We were fortunate to have a nice breeze through most of the hike. We made good time up to the first lookout where we enjoyed some lunch and met some fellow ADK people that were just out for a nice hike on their own. After lunch a few of us wandered to another ledge and lookout where we spotted the Wakely Fire Tower. From there is was on to the Snowy Fire Tower where Bill finished his fire tower challenge. Congratulations Bill! Once everyone had a chance to enjoy the views from the top of the tower, there was a group photo and we began the trip back out. Five of the seven participants stopped off at a very nice swimming hole in the town of Indian Lake for a refreshing swim. What a great find. Thanks to the guy on the Snowy summit for the info! What better way to finish off a hike and swim than with Stewart's ice cream? It was another great adventure with terrific people. Thank you all for joining me! 7 Participants: Bill Burton, Erica Halbrook, Colleen Downing, Karen Burka, Joe Burka, Mark Janey and Jen Shepherd.

**Want to see more trip reviews?**

**go to [www.adk-gfs.org](http://www.adk-gfs.org)!**

## Outings Instructions: For more information see "Chapter Handbook" on our website's Chapter Links

### 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 is the meeting spot 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 0.5 miles 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 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.)** \*An ADK Liability Waiver must be provided by the 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. — please do not wear 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!

### 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 can 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.

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.

### 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 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 on the Chapter Web page: [www.adk-gfs.org](http://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 STREET to the first,

traffic light. LEFT onto SPRING STREET 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 STREET (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. Parking as described above.



# Chepontuc Footnotes

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

www.adk-gfs.org

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## Are you moving?

*If you are moving, please forward your change of address, including new phone number, to*

*Adirondack Mountain Club,  
814 Goggins Road,  
Lake George, New York 12845.*

*You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club.*

*Therefore, any change of address need NOT be sent to the Chapter - one form or one call to the Club is all you need!*

### **Reminder:**

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

