



# Chepontuc Footnotes

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

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

## THE OUTDOOR EXPERIENCE AND TIMBER RATTLESNAKES

Program By William S. Brown, Associate Professor Emeritus of Biology, Skidmore College, Saratoga Springs, NY  
Lecturer, Department of Biological Sciences, University at Albany (SUNY), Albany, NY

**Wednesday, January 16 at Crandall Library at 7pm.**



In New York, Timber Rattlesnakes are distributed among scattered overwintering dens in over 20 counties. Many populations were extirpated or depleted throughout the state over the past two centuries. The species was listed as "threatened" in 1983 and has been fully protected under New York State law for the past 25 years. In the northeastern sector of the state, rattlesnake dens represent ancestral populations which have been in continuous existence for approximately 7,000 years following climatic warming and withdrawal of the most recent glacial ice sheet. Once colonized, each den enhances winter survival and maintains a stable population.

Timber Rattlesnakes hibernate through the winter, October through April (7 months). After emerging, the active season lasts from May through September (5 months). Each spring, the snakes make long-distance (1 to 3-mile) migrations between their winter dens and their summer foraging grounds. In its deciduous forest habitat, the Timber Rattlesnake is an important predator of small mammals and thus plays an important role in the natural food web.

Over the past three decades, the speaker's field study has revealed new information on the Timber Rattlesnake's life history. It is a long-lived species; recent recaptures in 2012 of snakes initially marked as adults over 30 years ago show that the maximum confirmed lifespan exceeds 40 years. Females do not reproduce for the first time until an age of about 9 years. Adult females have a low birthing frequency, reproducing only at 3-year and 4-year intervals, on average. The estimated survival rate is about 65% in the first year, while adults survive at about 90% per year.



Photo by: Carl Heilman II

In the summer mating season (July through August), male rattlesnakes move often and therefore may come into contact with humans at homes and campsites. On a hiking trail on a warm summer day, encountering a rattlesnake is an uncommon but memorable outdoor experience. The snake's behavior contributes to the low danger of rattlesnake bite to hikers while they are in rattlesnake country. Shy and retiring, timber rattlesnakes normally are not aggressive and will attempt to escape. However, if provoked or disturbed, a Timber Rattlesnake may hold its ground, coiled and rattling, until the human intruder disappears. Common-sense precautions for hikers are simple: enjoy seeing a live rattlesnake, perhaps photograph it, then leave it alone and continue hiking. First-aid and medical approaches to venomous snakebite will be discussed.

# Leaders Lead

By Jill Gruben, Newsletter Editor

As of press-time, our wonderfully friendly, fun and energetic chapter needs a few creative and outdoor loving leaders to help guide us forward. The Chapter Chair, Second Vice Chair and Annual Dinner Committee Chair positions are vacant. What does it mean to take on an active role within ADK Glens Falls-Saratoga?



*"We need a few creative and outdoor loving leaders ... we welcome you!"*

The Chapter Chair, among other things, works with the Executive Committee to interpret and carry out ADK's mission by overseeing all personnel and operations, chairs the monthly Executive Committee meetings and annual meeting, prepares a written Chapter Chair report for the newsletter, coordinates Chapter activities, and assists the treasurer with an annual budget.

The First Vice Chair, who is a member of the Executive Committee, among other things, communicates and coordinates with committee Chairs to keep informed as to their activities and objectives, reports to the Chapter Chair regarding the committees, and, in the absence of the committee Chair, will report at the monthly Executive

Committee meetings on committee activities, fulfills (or appoints someone temporarily to fulfill) the duties of a committee Chair, and fulfills Chapter Chair responsibilities in the absence of the Chapter Chair.

The Annual Dinner Committee Chair evaluates and recommends the location, program and menu for the Chapter Annual dinner. This person works with venue staff and Chapter members to ensure a successful and entertaining social gathering for Chapter members.

If you have any interest in the aforementioned, and we are hoping that you do, kindly contact Nominating Committee Chair Laura Fiske!

We welcome you!

## SAVE THE DATE

Program

Jim Coutant Presents:  
Yellowstone and the  
Grand Tetons

What: Slide Show

When: 7pm March 21  
Thursday

Where: Saratoga Library

## Chepontuc Footnotes

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

### Executive Committee Officers:

**Chapter Chair** : vacant

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

**Second Vice Chair**: vacant

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

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

**Directors**  
Jonathan Lane, Bill Bechtel, Linda Ranado  
Email for all directors: director@adk-gfs.org

**Past Chapter Chair Maureen Coutant**  
Phone: 745-7834 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

By Linda Rinado,  
Education Chair

As of this writing (early December) we have no applicants for our summer sponsorships for youths to attend the DEC Pack Forest and Camp Colby youth camps. Hopefully, this will be remedied by the time you receive this. If you know someone who might be interested in attending one of these environmental camps (Colby for 11 to 13 year olds and Pack Forest for both 11 to 13 and 14 to 17 year olds, please contact me **immediately** as we may still have openings. We continue to search for applicants for the Teen Trails Workers program. This is open to students aged 14 to 17 who not only enjoy the outdoors, but are interested in taking an active role in trail maintenance. This program, run by ADK, provides opportunities for high school students (aged 14 to 17) to spend up to five days camping and doing quality trail work. The Club will provide food, group camping gear, tools and experienced leadership. The focus of this program is on educating participants on the ways and means of trail maintenance. Team work and shared responsibility are key elements of this program. Specific sites for the Summer 2013 program will be posted on our site as soon as available. I hope to be hearing from you!

## Executive Committee Meeting

*Minutes from October 3, 2012*

**Chapter Chair** Mo Coutant reported that the Boy Scout Venturers troop for teens is looking for assistance. The Chapter sponsored a similar troop in the past. The Club has announced the dates for the 2012/13 Winter Mountaineering School. The winner of the auction item that the Chapter donated to Saratoga PLAN bid \$250. ADK brochures were displayed with the silent auction bid sheet. The Chapter will receive \$100 per volunteer at the Ragnar Relay. The Chapter will buy each volunteer a small ADK gift.

**Nominating Committee Chair** Laura Fiske reported that there are still some vacancies. Fiske also reported that the **Club's Board of Directors** has approved forming an ADK foundation for fundraising.

**Wilderness Committee**, Mo Countant in the absence of Chair Jim Schneider reported that Schneider has written a letter to DEC to support continuing the work of the stewards in the Pharaoh Lake Wilderness Area.

## Conservation News

By Jacki Bave

Lake George Trails Master Planning Process is Underway – The Towns of Bolton, Hague, Lake George and the Village of Lake George are in the process of developing a master plan for hiking and biking trails in the Lake George area. Working under a grant from DEC's Smart Growth program, Saratoga's L.A. Group has developed a set of maps which can be accessed on our chapter's website. The maps attempt to provide an inventory of public trails, and to suggest biking and hiking routes in the area. Several public meetings were held this fall. Our chapter has submitted comments based on the recommendations of members. Comments are still being taken regarding the plans, the accuracy of the maps, suggestions for trail connections still needed and the tools (maps, signage, etc.) needed by the public. Check out the maps from our website, and send comments to [tclothier@thelagroup.com](mailto:tclothier@thelagroup.com).

Remsen-Lake Placid Travel Corridor – The railroad corridor between Remsen and Lake Placid is presently owned by New York State. Railroad activity ceased in the early 90's, and there has been recent interest in removing the rails and converting the corridor to a multi-use recreational trail. The proposed trail would be open to skiers, snow shoers and snowmobilers in the winter, and to hikers and bikers the rest of the year. The Adirondack Rail Trail Association (ARTA) is promoting this conversion of the corridor to recreational use, and has enlisted the help of a national organization called Rails to Trails Conservancy. North Country towns along the corridor originally supported this idea as a means of promoting tour-

ism, but new developments are causing them to reconsider. The Adirondack Rail Preservation Society, which operates current tourism rail services on the Adirondack Railroad, has expressed interest in establishing excursion passenger rail service between New York City and Lake Placid. North Country towns are now considering supporting this option for the corridor.

While many members of ADK support the recreational trail option, some are concerned that there will be an adverse impact on adjacent lands from snowmobiles and illegal ATV use. One section of the corridor passes through the remote Five Ponds and Whitney Wilderness Areas, where there have been reported incidences of illegal motorized use, including snowmobiles on Lake Lila. ADK has most recently taken a position that the state's 1995 master plan for the corridor should be updated. The Club's Conservation Committee will continue to explore this issue at its March meeting.

The Banff Mountain Film and Book Festival is coming to Saratoga Springs on February 22, 2013!  
Contact the Skidmore College Outing Club for more info!  
718-698-8655  
[mkoenig@skidmore.edu](mailto:mkoenig@skidmore.edu)

## Hiking the GR20 Trail in Corsica

The French call Corsica "The Isle of Beauty." Trekkers call the 118-mile GR20 trail over Corsica's rocky central mountains the toughest long-distance hiking trail in Europe. ADKer Don Berens will present an illustrated talk about his 2010 trip to this ruggedly scenic corner of the Mediterranean world.

Don Berens has been a member of ADK since the 1970s and now lives in Latham, NY. He first finished his Adirondack 46 in January 1982 and has done a dozen more rounds since then. He has completed climbs of the Catskill 35, the Northeast 113, and the high point of each of the fifty US states. He has climbed over 15,000 feet on three continents and bicycled from Los Angeles to Boston. Don regularly leads hikes and bike trips for the Albany Chapter of ADK. He is a lawyer retired from NYS service, married with two adult children and a grandchild on the way.



### Program

Hiking the GR20 Trail in Corsica

When: 7pm Feb. 26  
Tuesday

What: Presentation

Where: Saratoga Library

### NEW MEMBERS - GF/S CHAPTER

#### September 2012

Annabelle, Nate, Bill & Matt Bink, Greenwich  
Renee Birnbaum, Saratoga Springs  
Kim Brown, Yardley, Pennsylvania  
Colleen & George Choate, Porter Corners  
Brian Crawford, Schuylerville  
Scott Dessingue, Ballston Spa  
John Fenwick, Fort Ann  
Stu Hess, Ballston Spa  
Nancy Ingersoll, Saratoga Springs  
Josh & Karen Johnson, Mechanicville  
Larry & Rita Navatka, Queensbury  
DJ, Sheri, Vincent & Maria Sablich, Gansevoort  
Jamon, Tina & Taylor Stone, Queensbury  
Sherry & Richard Straub, Queensbury  
Theresa & Jack Young Hooper, Mitchell Young,  
Jasmine & Trey Hooper, Blandford, Mass.

#### Rejoined Members

Marianne Barber, Marc & Olivia Roman, Saratoga Springs  
Patrick, Joan, Jessica, Jack & Paul Barrett, Pittsford, New York  
Edward & Nancy Gadarowski, Cambridge  
Thomas & Christine Graves, Queensbury  
John Kwasnowski, Johnsonville, New York  
Mike & Pat Thomas, Ballston Spa

#### October 2012

Jeffrey & Naomi Allen, Saratoga Springs  
John, Jean, Nicole & Max Buhac, Clifton Park  
Linda & Patrick Catone, Fort Edward  
Cindy Christie, Hudson Falls  
Stephanie Dandaraw, Clifton Park  
Cordula & Bryan Dandaraw, Clifton Park  
Michael Dolan, Saratoga Springs  
Ryan Farrell, Lake Luzerne  
Andrew & Denise Gayle, Denver, Pennsylvania  
Jeffrey & Emilee Greenhouse, Saratoga Springs  
Will Groff, Queensbury

Christopher Hall, Glens Falls  
Dawn Heritage, Ballston Spa  
Sandra Hutchinson, Scotia  
Kevin Iungerman, Glens Falls  
Marilyn Keis-Hartunian, Clifton Park  
Gerry Leger, Malta  
Darren Martell, Lake Luzerne  
Eva Megtert, Rock City Falls  
Greg, Allison & Jackson Moran, Ballston Spa  
Daniel & Starr Morvay, Mechanicville  
Adryann, Josh & Rowyn Pemrick, Middle Grove  
Lyle Pitcher, Ballston Spa  
Margaret Ramsey, John & Sarah McCluskey, Lincoln, Massachusetts  
Pat Russo, Saratoga Springs  
Betsy Schwenker, Middlebury, Vermont  
Nicole Scime & Nishan Tadian, Queensbury  
Penny Sheedy, Argyle  
Nancy Sisson, Ballston Spa  
Stephen Sisson Ballston Spa  
Richard Speidel, Schuylerville  
Ryan Surprenant, Waterford  
Joseph Vernon, Queensbury  
Heather, Peter, Eric & Tom Von Allmen, Gansevoort  
Sean Walmsley, Saratoga Springs  
Rebecca Weller, Gansevoort  
John Whitton, Ballston Lake  
Chris & Jennifer Yates, Saratoga Springs

#### Rejoined Members

James Carney, Hagaman  
Joanne Doebrich, Rochester, New York  
Barbara Drake, Cleverdale  
Whitney Kirk, Wesley Chapel, Florida  
David Norton, Saratoga Springs  
Terri & Bert Rappaport, Queensbury  
William, Susan, Paul & Muriel Rothman, Yonkers, New York  
Stephan & Rosie Rowland, Greenfield Center  
Joseph & Kay Tokarz, Queensbury

Date	Day	Type	Destination	Leader(s)	Rating
<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, Maureen Coutant	NR
8	Tue	Walk/Ski/Snowshoe	Tuesday Treks	Maureen Coutant	NR
12	Sat	Hike/Snowshoe	Algonquin peak	Mike Fuller	A+
12	Sat	Hike/Snowshoe	Fifth Peak Lean-to	Bill Morse	C+
13	Sun	Hike/Snowshoe	YMG - Balsam Mt. - Catskill High Peak	Jonathan Lane	B+
15	Tue	Walk/Ski/Snowshoe	Tuesday Treks	Maureen Coutant	NR
16	Wed	Program	The Outdoor Experience & Timber Rattlesnakes	Sarah King	NR
19	Sat	Hike/Snowshoe	Blue Mountain Fire Tower	Jen Shepherd	B
19	Sat	Walk/Ski/Snowshoe	Winter Bird/Raptor Field Trip - Washington Co 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
<b>February</b>					
2	Sat	Hike/Snowshoe	Treadway - Pharoah Wilderness	Bill Morse	C+
5	Tue	Snowshoe	Tuesday Trek	Maureen Coutant	NR
6	Wed	Meeting	Executive Committee	Maureen Coutant	NR
9	Sat	Hike/Snowshoe	Mt. Tremper Fire Tower/Valentine's Hike and Pancakes	Jen Shepherd	B+
9	Sat	Walk/Ski/Snowshoe	Pyramid & Gothics	Steve Mackey	A+
10	Sun	Bushwack	Elizabethtown #4	Jayne Boudier	A
11	Mon	Geocache	Monday Geocache	Sarah King, Maureen Coutant	NR
12	Tue	Ski	Tuesday Trek	Maureen Coutant	NR
16	Sat	Hike/Ski	Wilton Wildlife Preserve	Reg Prouty	C
16	Sat	Snowshoe	YMG - Big Slide - High Peak	Jonathan Lane	A
19	Tue	Snowshoe	Tuesday Trek	Maureen Coutant	NR
23	Sat	Hike/Snowshoe	Basin/Saddleback Peaks	Mike Fuller, Steve Mackey	A+
23	Sat	Ski	Ski Botheration Pond Loop	Bill Schwarz	B+
26	Tue	Ski	Tuesday Trek	Maureen Coutant	NR
26	Tue	Program	Hiking the GR20 Trail in Corsica	Sarah King	NR
<b>March</b>					
2	Sat	Hike/Snowshoe	The Wolf Jaw Peaks	Ron Lester, Melody Hoffmann	A+
2	Sat	Hike/Snowshoe	Hadley Mountain Snowshoe	Reg Prouty	B
2	Sat	Ski	Santanoni Great Camp	Steve Mackey	B+
3	Sun	Bushwack	Catamont Cliffs	Jayne Boudier	A
5	Tue	Snowshoe	Tuesday Trek	Maureen Coutant	NR
6	Wed	Meeting	Executive Committee Mtg	Maureen Coutant	NR
9	Sat	Hike/Snowshoe	Allen Peak	Mike Fuller	A+
10	Sun	Hike/Snowshoe	Woodhull Fire Tower with a St. Patty's Theme	Jen Shepherd	A+
10	Sun	Snowshoe	MacNaughton Mt	Jean Holcomb, EJ Holcomb	A++
11	Mon	Geocache	Monday Geocache	Sarah King, Maureen Coutant	NR
12	Tue	Ski	Tuesday Trek	Maureen Coutant	NR
16	Sat	Hike/Snowshoe	Cascade Porter	Bill Morse	B+
16	Sat	Walk/Ski/Snowshoe	Seward Range	Steve Mackey	A++
19	Tue	Snowshoe	Tuesday Trek	Maureen Coutant	NR
21	Thu	Program	Yellowstone and the Grand Tetons	Sarah King	NR
26	Tue	Ski	Tuesday Trek	Maureen Coutant	NR



## Outings Detail

### **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, [mojim@roadrunner.com](mailto:mojim@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 that this is an all day bushwack, but the pace will be moderate and 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 [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!

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

Tue, Jan 8, 2013, 9:00 am, Rating: NR

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

- I try to mix up the trips between XC skiing and snowshoeing - hopefully no walking on dirt and ice this winter!! I also mix up the trips geographically between the Saratoga and Glens Falls/Lake George areas. Call or email the Sunday before an outing to find out the plan for that week!

### **ALGONQUIN 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.

### **FIFTH PEAK LEAN-TO - [ Hike/Snowshoe ]**

Sat, Jan 12, 2013, 8:00 am, Rating: C+

Leader: Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)

- This is a 2.7 mile hike/snowshoe in the Tongue Mountain Range, from Clay Meadow to the lean-to. This is an Excellent trail for snowshoeing, so let's hope for snow. There are excellent views of Lake George and the surrounding area. Round trip is 5.4 miles with 700-800 feet of elevation gain. Bring gear for winter weather and snacks for energy. Trip leader does not stop for more than 10-15 minutes to avoid freezing up. Bad weather cancels trip.

### **YMG - BALSAM MT. - CATSKILL HIGH PEAK - [ Hike/Snowshoe ]**

Sun, Jan 13, 2013, 6:30 am, Rating: B+

Leader: Jonathan Lane - 744-4594, [saratogahiker@infogorp.com](mailto:saratogahiker@infogorp.com)  
- Let's enjoy some breakfast down in the Catskills, then head up one of the Catskill High Peaks. Round-trip distance will be under five miles. We'll meet at the Northway Exit 12 Park-n-Ride and carpool from there. Please sign up by Friday the 11th.

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

Tue, Jan 15, 2013, 9:00 am, Rating: NR

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

- See Jan 8th

### **THE OUTDOOR EXPERIENCE & TIMBER RATTLESNAKES - [ Program ]**

Wed, Jan 16, 2013, 7:00 pm, Crandall Library, Rating: NR

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

- See Page 1 of this newsletter

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

Sat, Jan 19, 2013, 7:00 am, Rating: B

Leader: Jen Shepherd - 518-312-0133, [jshepherd501@gmail.com](mailto:jshepherd501@gmail.com)

- I'm working on my winter fire tower challenge and Blue Mountain is on my list. If you are also working on the challenge or just want a nice leisurely hike with a decent summit view, come along! Be sure to bring plenty of fluids, food and proper winter gear such as snowshoes, micro-spikes & crampons, warm layers, etc. We'll meet at Panera Bread in Queensbury at 7am and carpool from there. Contact hike leader for more info or to sign up. Email is fastest and preferred. No phone calls after 8pm please. Bad weather will cancel.

### **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

- 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, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- See Jan 8th

### **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/**

## Outings Detail

### 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. Micro-spikes or crampons might come in handy, in addition to your snowshoes (mandatory). 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 definitely 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 Jan 8th

### TREADWAY - PHAROAH WILDERNESS - [ Hike/Snowshoe ]

Sat, Feb 2, 2013, 8:00 am, Rating: C+

Leader: Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)

- Treadway offers excellent views of the Pharaoh Wilderness area. The hike is an eight mile round-trip with 900 feet of elevation gain. (The trip may take a short-cut across Putnam Pond if there are good ice conditions.) This is an excellent snowshoe through moderate terrain. Bring snacks and dress for winter conditions. Trip leader does not stop for more than 10-15 minutes to avoid freezing up. Bad weather cancels hike.

### TUESDAY TREK - [ Snowshoe ]

Tue, Feb 5, 2013, 9:00 am, Rating: NR

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

- See Jan 8th

### EXECUTIVE COMMITTEE - [ Meeting ]

Wed, Feb 6, 2013, 7:00 pm, Rating: NR

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

- At Wesley Community Room in Saratoga

### MT. TREMPER FIRE TOWER/VALENTINE'S HIKE AND PAN-CAKES

Sat, Feb 9, 2013, 6:00 am, Rating: B+

Leader: Jen Shepherd - 518-312-0133, [jshepherd501@gmail.com](mailto:jshepherd501@gmail.com)

- It's another fire tower hike, only this time we're headed to the Catskills! We'll meet bright and early to carpool from the exit 12 park-n-ride. Bring your appetite, because we'll be stopping in Phoenicia to enjoy an awesome breakfast at Sweet Sue's. I recommend the short stack! Once we're good and full, we'll head to the Mt. Tremper trailhead taking the Phoenicia trail up. We'll need to work off that breakfast! This is a Valentine's day themed hike, wearing pink and or red is highly recommended and be prepared for potential Valentine's surprises along the way. The hike is 6.2 miles round trip with 2,030 ft of elevation gain. Hopefully we'll have a good amount of snow to make this a snowshoe trip. Contact hike leader for more details and to sign up. Email is fastest and preferred. No phone calls after 8pm please. Bad weather will cancel.

### PYRAMID & GOTHICS - [ Walk/Ski/Snowshoe ]

Sat, Feb 9, 2013, 6:30 am, Rating: A+

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

- This is the third time I've led this trip. I hope to cross country ski into Lower Ausable Lake, drop our skis, and then snowshoe the rest of the way. Last year with the limited snow we were still able to do this trip and the conditions were amazingly good. I have had several people come on this trip that don't ski, and that is acceptable, but the ski out is way faster (we will wait for you, but it may be in the car). The view from Pyramid is as good as it gets. There is a long very steep part before the summit of Pyramid that will test your endurance. Be prepared for cold and high winds.

### ELIZABETHTOWN #4 - [ Bushwalk ]

Sun, Feb 10, 2013, 7:00 am, Rating: A

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

- This eastern-most bump on the East Dix ridge has great views. This bushwalk will be eight miles (4 trailless), 1500 ft. elevation gain, at a moderate to leisurely pace.

### MONDAY GEOCACHE

Mon, Feb 11, 2013, time TBD, 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 Jan 7th

### TUESDAY TREK - [ Ski ]

Sat, Feb 12, 2013, 9:00 am, Rating: NR

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

- See Jan 8th

### WILTON WILDLIFE PRESERVE - [ Hike/Ski ]

Sat, Feb 16, 2013, 9:30 am, Rating: C

Leader: Reg Prouty - 518-747-9736

- We will do a few miles of some of the loop trails on the north side of Scout Road on cross-county skis if we have good snow. If none, then it may be a hike. We will meet at the parking area across from the Scout Camp at 9:30.

### YMG - BIG SLIDE - HIGH PEAK - [ Snowshoe ]

Sat, Feb 16, 2013, 6:30 am, Rating: A

Leader: Jonathan Lane - 744-4594, [saratogahiker@infogorp.com](mailto:saratogahiker@infogorp.com)

- We'll go up over the Brothers, which offer incredible views of the Great Range. This snowshoe is about eight miles round-trip at a moderate pace.

### TUESDAY TREK - [ Snowshoe ]

Tue, Feb 19, 2013, 9:00 am, Rating: NR

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

- See Jan 8th

## Outings Detail

### **BASIN/SADDLEBACK PEAKS** - [ Hike/Snowshoe ]

Sat, Feb 23, 2013, 5:30 am, Rating: A+

Leader: Mike Fuller - 802-254-3314, [farmallboy@hotmail.com](mailto:farmallboy@hotmail.com)

Colead: Steve Mackey

- This is always a fun winter hike of about 4,000 ft of vertical and 16.5 miles. We'll start at the Garden, head to Slant Rock and then to Shorey (shortcut), on to Basin then Saddleback and back out OreBed Trail. Bring winter gear, snowshoes, crampons, micro-spikes. Remember you use just as much liquids in the winter as you do in summer. I'll bring any extra gear for Saddleback. We'll meet at Panera Bread in Queensbury at 5:30am. Amy and Denise this one for you.

### **SKI BOTHERATION POND LOOP**

Sat, Feb 23, 2013, 7:30 am, Rating: B+

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

- This is a backcountry tour near 13th Lake; we may be breaking trail, so bring touring or backcountry skis. No beginners! Loop is a wonderful hike; I'm just waiting for a chance to ski it! It's about six miles, with some mild ups and downs, and a few stream crossings. Bring lunch and a sense of adventure. Poor snow conditions will mean we go nearby to Garnet Hill ski center, which charges a fee.

### **TUESDAY TREK** - [ Ski ]

Tue, Feb 26, 2013, 9:00 am, Rating: NR

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

- See Jan 8th

### **HIKING THE GR20 TRAIL IN CORSICA** - [ Program ]

Tue, Feb 26, 2013, 7:00 pm, Saratoga Library, Rating: NR

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

- See Page 4 of this newsletter

### **THE WOLF JAW PEAKS** - [ Hike/Snowshoe ]

Sat, Mar 2, 2013, 5:40 am, Rating: A+

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

Colead: Melody Hoffmann

- Lower Wolf Jaw is the primary goal, but as darkness surely follows light, Upper Wolf Jaw is the Siamese Twin and we will likely trample it's slopes to the top also. The views are not spectacular, but we always have a fun time when we hike with Ron! This trip is about 12 miles, likely using the approach from the Ausable Club. Winter novices welcome aboard!

### **HADLEY MOUNTAIN SNOWSHOE** - [ Hike/Snowshoe ]

Sat, Mar 2, 2013, 8:30 am, Rating: B

Leader: Reg Prouty - 518-747-9736

- Hadley Mountain with its great views of the Sacandaga area is only 3.6 miles round trip with 1,586 feet of ascent. It makes a great all day outing with a lunch break on the summit or on the porch of the observer's cabin if too cold and windy. Meet at 8:30 at Exit 19 Panera Bread.

### **SANTANONI GREAT CAMP** - [ Ski ]

Sat, Mar 2, 2013, 8:00 am, Rating: B+

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

- This is a ten mile round trip, cross country ski trip into Camp Santanoni. It is pretty level, so it is suitable for beginner - intermediate skiers, (as long as you are comfortable skiing ten miles). The camp was built in 1893, and has been going through a few years of restoration. If you have never been in there, it is a must see.

### **CATAMONT CLIFFS** - [ Bushwack ]

Sun, Mar 3, 2013, 7:30 am, Rating: A

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

- Barbara McMartin describes these cliffs in her book Discover the Eastern Adirondacks, in the Bolton-Hague area. We'll start from Wardsboro Road if it is navigable, otherwise we will go from the Deer Leap trailhead as McMartin describes. Distance is about seven miles, with 1,200 ft. ascent. From Wardsboro Rd. the ascent is greater, but the hike is very interesting. McMartin's route is slightly farther, with 400 ft. less ascent, and would be more adventurous because I've never done it. One way or the other, this will be an all day hike at a moderate to leisurely pace.

### **TUESDAY TREK** - [ Snowshoe ]

Tue, Mar 5, 2013, 9:00 am, Rating: NR

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

- See Jan 8th

### **EXECUTIVE COMMITTEE MTG** - [ Meeting ]

Wed, Mar 6, 2013, 7:00 pm, Rating: NR

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

- Meeting at Carl Rs in Glens Falls

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

Sat, Mar 9, 2013, 5:30 am, Rating: A+

Leader: Mike Fuller - 802-254-3314, [farmallboy@hotmail.com](mailto:farmallboy@hotmail.com)

- I had a great time leading this last summer so here it is for the winter. This hike/snowshoe is 18+ miles and 2,540 ft. vertical. It's a long day so bring plenty of snacks and liquids. Bring winter gear, snowshoes, crampons, and micro-spikes. We'll meet at Panera Bread at 5:30am. Bring extra fun.

### **WOODHULL FIRE TOWER WITH A ST. PATTY'S THEME** -

[ Hike/Snowshoe ]

Sun, Mar 10, 2013, 6:00 am, Rating: A+

Leader: Jen Shepherd - 518-312-0133, [jshepherd501@gmail.com](mailto:jshepherd501@gmail.com)

- If you're working on the fire tower challenge, this is your chance to get Woodhull. We'll be meeting at 6am at Panera Bread in Queensbury and carpool from there. Since it will still technically be winter and this is a fairly remote trail there's a good chance we'll be going in on snowshoes. Be prepared for a long day and the possibility of breaking trail. Round trip distance is 15.2 miles with 812ft of elevation gain. Hike is an A+ rating for distance only. While it's a long trek, I found it to be pretty easy. Wear your green and bring your party spirit, we'll be celebrating St. Patty's Day early! Contact hike leader to sign up or for more info. Email is faster and preferred, no phone calls after 8pm please. Bad weather will cancel.

### **MACNAUGHTON MT** - [ Snowshoe ]

Sun, Mar 10, 2013, 6:00 am, Rating: A++

Leader: Jean Holcomb - 583-0658, [jholcomb5@nycap.rr.com](mailto:jholcomb5@nycap.rr.com)

Colead: EJ Holcomb - 935-5612 or [ejinthesky@hotmail.com](mailto:ejinthesky@hotmail.com)\*

- This is for serious peak baggers only. EJ needs the peak for his 46 portfolio and I want it as a winter. That doesn't mean we will get there but we will do our best. Sometimes it takes a village to summit MacNaughton so a few peak hardened vets would be welcome to help with the bush wack. I don't know the exact distance but I think between 16-18 miles. I am thinking of coming in from Indian Pass unless a better choice emerges between now and March. Obviously bad weather cancels.

### **MONDAY GEOCACHE**

Mon, Mar 11, 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 Jan 7th



## Outings Detail and Trip Reviews

### **TUESDAY TREK** - [ Ski ]

Tue, Mar 12, 2013, 9:00 am, Rating: NR

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

- See Jan 8th

### **CASCADE PORTER** - [ Hike/Snowshoe ]

Sat, Mar 16, 2013, 7:30 am, Rating: B+

Leader: Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)

- This is the last weekend for these to count as winter high peaks. And a good hike/snowshoe for anyone wanting to do their first winter high peaks. The hike is 6.2 miles round trip with an elevation gain of 1,940 feet for Cascade and 800+ feet for Porter. Bring snowshoes and traction footwear and be prepared for winter conditions. Bring plenty of snacks for energy. Trail leader does not stop for more than 10 minutes to avoid freezing up. Bad weather cancels hike. Meet 7:30AM at Exit 29, Frontier Town.

### **SEWARD RANGE** - [ Walk/Ski/Snowshoe ]

Sat, Mar 16, 2013, 4:30 am, Rating: A++

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

- I am going to be up at the Wiesel cabin this weekend, so we will have to coordinate where we are going to meet. Eberhard Burkowski needs Seward and Emmons, so we are going to try and get them both if possible. A lot depends on conditions, and whether the summer parking area is accessible, so we have to be flexible. If we have to hike the road, I plan on skiing in. I have skied as far as Caukins Brook on other trips, so I probably will do so again. You can come along if you don't ski, as we will wait periodically. The 4:30 start time is from Glens Falls, I will meet everyone somewhere around Lake Placid around 6:30. If the weather is sketchy, I will cancel (this is too long a day to also deal with a storm).

### **TUESDAY TREK** - [ Snowshoe ]

Tue, Mar 19, 2013, 9:00 am, Rating: NR

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

- see Jan 8th

### **YELLOWSTONE AND THE GRAND TETONS** [ Program ]

Thu, Mar 21, 2013, 7:00 pm, Saratoga Library, Rating: NR

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

- See Page 2 of this newsletter

### **TUESDAY TREK** - [ Ski ]

Tue, Mar 26, 2013, 9:00 am, Rating: NR

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

- see Jan 8th

### **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

### **Evening Paddle Tue, Oct 2, 2012, Maureen Coutant**

- This was a rainy week and we wound up doing the trip, since it looked like there might be a chance in between the showers. Plus every other day that week didn't look much better. So, only the Mackey's were crazy enough to join me and we didn't paddle in the rain until we turned around ... maybe we shouldn't have turned around? I knew we wouldn't have a big crowd so we paddled the section of the Hudson above the Spier Falls dam towards Corinth. When we just got started, we saw something swimming across the river. We thought maybe a beaver, but too small. A muskrat? No. Turns out it was a gray squirrel. It's bushy tail floating along as it doggy (squirrely?) paddled along. 3 Participants: Mo Coutant, Licia and Steve Mackey.

### **Bailey and Marion Ponds (Hoffman Notch Area) Sat, Oct 6, 2012, Rich Crammond**

- This was a wet but great day to be on the trail in the Adirondacks. No Bugs, cool temps, nice fall colors and hiking buds to share the day with. Highlights of this outing were just being there to watch the changing of the season with all those falling leaves on their way to the ground. Thanks to Mark and Bill for helping us to get to Marion pond as the trail was not very good to follow. We got a little wet, but we sure did have a good time out there, and 'it just didn't get no better!' 3 Participants: Mark Janey, Bill Glendenning, and Rich Crammond.

### **Nun-da-ga-o Ridge Sun, Oct 7, 2012, Lorraine MacKenzie**

- This was a double 'Peak' trip. The High Peaks were painted with peak season autumn colors. The sun rays peering through the holes in the mostly cloudy sky spotlighted different sections of the mountains continuously. Blink your eyes and the landscape changed! What a great day for a ridge walk! Everyone felt compelled to take pictures of multiple moments! 14 participants: Colleen Downing, Lynn Mayack, Susan Johnson, Sandy Yellen, Jeff Braunstein, John Susko, Spud Perkins, Karen Burka, Helen Horkula, Bruce Fister, Ann Mundy, Jayne Boudier, Scott Cooper, and Lorraine MacKenzie.

### **Overlook Fire Tower & Hotel Ruins Mystery Sat, Oct 13, 2012, Jen Shepherd**

- Our trip to the Overlook fire tower was quite the adventure today. Since this was a Halloween hike, costumes were encouraged. We had the cutest zebra ever (Rachel), a Hawaiian tourist? (Lavinia), pharmacist (Majde), a Pirate (Ravi) and a fluffy kitty (me). It was a chilly start up the trail but as we got moving we warmed right up. The group spent some time at the old hotel ruins taking photos, eating cookies and listening to the beginning of a Halloween story. Each hiker inspired a character in the story. Unfortunately for Ravi, his character was killed off rather early. From the hotel we were off to the fire tower where the group enjoyed some homemade individual apple pies (thanks Erica), more cookies and apple cider. A little more of the story was told then we went over to see the spectacular views of the scenic overlook. The sun was shining, the skies were blue with a hint of wind and a crisp fall chill in the air but the day was amazing and there were smiles all around. After the overlook our group headed back to the tower to explore, climb and enjoy more of the incredible views. Before heading back out we heard the rest of the Halloween story. It was a combination of murder/mystery, love and a happy ending. We grabbed a couple group shots and began our walk back to the cars. It was such a lovely day, I personally wasn't ready for it to be over so the entire group decided to meet up at PF Changs for a late lunch! Thanks again to everyone for coming and making the day so fun and memorable! 11 participants: Jen Shepherd, Yan Ny Tan, Bill Barton, Erica Halbrook, Sarah Rodman, Ravi Verma, Thomas Cuff, Klaus Sommerlatte, Majde

## Trip Reviews

Takieddin, Rachel Luch, and Lavinia Smith.

### **ADK Monthly Monday Geocache trip Mon, Oct 15, 2012, Sarah King and Maureen Coutant**

- We seemed to be jinxed with trying to do geocaching on *Sleeping Beauty*. One time the gate was closed, this time we got part way in to be turned around by a prison guard supervising a work crew. So, we had a shorter outing than we planned and found some other caches off the Shelving Rock Road. Fingers crossed that we'll get in there soon! 3 Participants: Mo Coutant, Sarah King, and Licia Mackey.

### **Evening Paddle Tue, Oct 16, 2012, Maureen Coutant**

- Well, it was a little chilly and we got started a little later than I'd hoped due to the fact that my paddle was left in my garage. Luckily, my neighbor met me half way so I didn't have to use my hands as Steve suggested! We paddled along the Dunhams Bay outlet of Lake George. We went with the current and breeze at the beginning of the trip and by the time we turned around the wind had decreased, which we greatly appreciated ... along with Don's amusing stories! Half of the group saw a beaver. 7 Participants: Mo Coutant, Don Espey, Bill Glendenning, Heather, Licia and Steve Mackey, and Suzanne Pierce.

### **ADK Lake George Prop Workday Sat, Oct 20, 2012, Maureen Coutant**

- The rain on Friday left things a little damp, but it didn't rain on Saturday until we were wrapping up! We got a lot done thanks to our great volunteers! Thanks again to: Jim Coutant (and his cookies), Todd Earl, Jack Freeman, Licia and Steve Mackey, Jim Ralston, George and Irene Sammons, Stan Stoklosa, and Bill Swartz.

### **Cat & Thomas Tue, Oct 23, 2012, Maureen Coutant**

- As advertised, this was a beautiful fall hike. We decided to check out the new-ish blue trail up to Thomas since a couple of participants had gone that way and said it is very well marked. That is now going to be the only way I go! It is just a beautiful trail through the woods instead of up the old logging road. You also get a nice view and then over to the cabin on top of the mountain. If only it still had a stove and a door! After a short rest there, we hiked along the ridge trail with it's many ups and downs. The leaves covering some slippery spots caused us to take some extra time and butt slide in a few places, but again, better than the logging road. By the time we got to Cat, the skies had cleared a bit so that we had mostly blue skies and got to enjoy the incredible view! 18 Participants: Sue Atwell, Jim Brown, Nancy Burke, Greg Clark, Mo Coutant, Evan and Margaret Curtis, Jen Ferris, Liz Gee, Nancy Kimball, Eric Kranz, Margie Litwin, Licia and Steve Mackey, George Sammons, Marti Townley, Crystal Tyndall, and Bill Wasilauski.

### **Owls Head Fire Tower Sun, Oct 28, 2012, Alison Darbee**

- We had a small but great group of hikers today! And even with the overcast views from the summit, there were still some great cloud formations to view around the distant mountain tops. Thanks to everyone that came along to make for a great tramp through the woods! 6 Participants: Marsha Bates, Nick Lanzillo, Jon Laurin, Joe Murphy, Madeline Patterson, and Alison Darbee.

### **Wakely Fire Tower Sat, Nov 3, 2012, Jen Shepherd**

- The weather forecast called for snow in the Indian Lake area and we got it! We enjoyed a few inches of packable powder all the way to the summit. We also passed some fellow ADK members along the way, it was great to see you Alison and John! On the summit a few brave souls climbed all the way to the top of the snow and ice covered Wakely fire tower. They said the cold was brutal but they

get bragging rights for going all the way up! There was a brief rest on the summit for snacks, group photos and a surprise gift for four members of the group that recently became 46'ers. Congrats again to Colleen, Susan, Joanne and Nick! The cold temperatures, falling snow and a semi frozen hike leader made for a hasty retreat back down the trail. It was a perfect day on the trails with some incredible people. Thanks to everyone that came! Check the chapter website for photos! 16 Participants: Jen Shepherd, Joanne Walczak, Colleen Downing, Joan Ferguson, Erica Halbrook, Bill Barton, Reginald Beatty, Nick Lanzillo, Judy Halstead, Cynthia Plante, Sally Nevard, Kiki Kelly, Susan Keely, Reg Prouty (thanks for sweeping), Ania Gaguine, and Majde Takieddin.

### **Bennie's Brook Slide on Lower Wolf Jaw Sat, Nov 3, 2012, Steve Mackey**

- As I mentioned in the original write up, if it was going to be icy or snowy, we would hike the trail. We missed the dry slide by a day or two and safety wise were forced to hike the trail instead. We had planned on hiking in 'The South Side' trail, and when we reached Johns Brook, it looked like there was going to be some Olympic jumping involved, so we cut through the woods and re-joined the Johns Brook Trail. We passed several new impressive slide/washouts on the way up that were recently created from Hurricane Irene. The views weren't great, but we got a few breaks in the clouds and could see some of the close by High Peaks. The trail up high was already icy and we had to pick our way down carefully. I hope to lead this trip again in June 2013, so we can really hike the slide. 7 Participants: Linda Veraska, Stephanie Wille, Kelly Belenchia, Wayne Ouderkirk, Eberhard Burkowski, Steve and Licia Mackey.

### **AdK Monthly Monday Geocache trip Mon, Nov 5, 2012, Sarah King and Maureen Coutant**

- We wound up pushing this trip to the end of the month and finally had a chance to get back to *Sleeping Beauty* and find the caches that we hadn't found before. Well, most of them. The last one we couldn't find and had to cut the hunt short so Mo could get to school for her daughter's Girl Scout troop. But, we had a mostly successful day, nice weather, and were reminded of what a beautiful area it is! 3 Participants: Mo Coutant, Sarah King, and Licia Mackey.

**Want to see more trip reviews?  
Want to see photos from trips?  
Want to see this newsletter in color?**

**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*

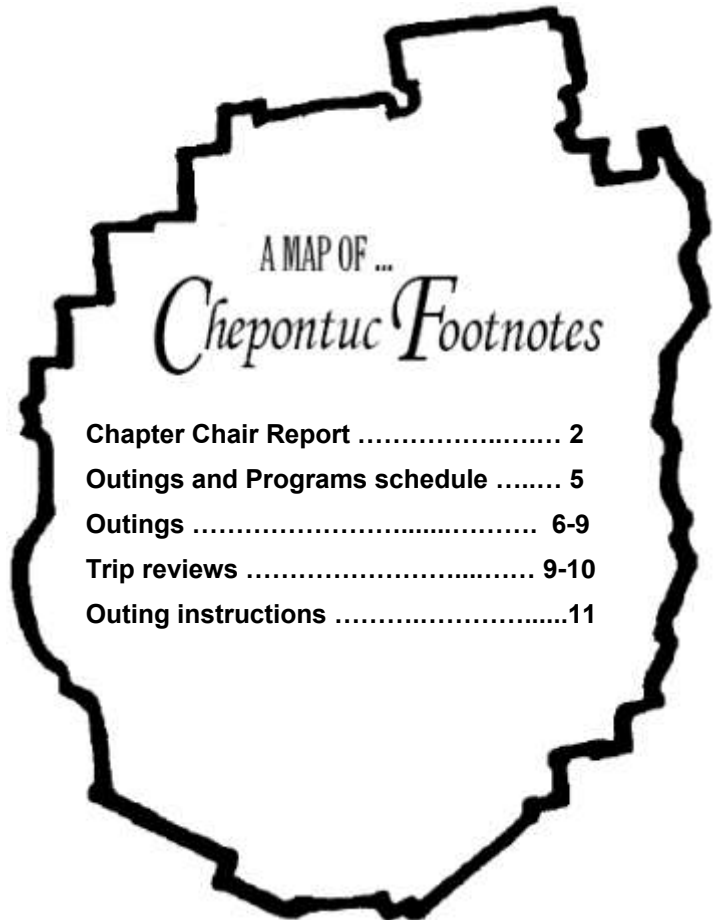
*Adirondack Mountain Club,  
814 Goggins Road,  
Lake George, New York 12845.*

*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!***



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