



# 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

## Nature At Your Doorstep

If you think you have to travel to the far corners of the earth to explore the beauty of the natural world, think again! Birds, flowers, butterflies, reptiles and amphibians abound in New York's Capital Region and just beyond. Join Denise Hackert-Stoner and Scott Stoner of Naturelogues for this program highlighting the beauty of nature we can find right in our own backyards!

The award-winning nature photography of Scott Stoner and Denise Hackert-Stoner of Naturelogues has been exhibited in many galleries throughout New York's Capital region. Their work has appeared in numerous publications including *Birder's World*, *New York State Conservationist* and the new book, "New York Wildlife Viewing Guide." They offer natural history slide programs for adults and children as well as sales of their nature photography and note cards. Visit them at [naturelogues.com](http://naturelogues.com) or on Facebook.



### Program

Nature At Your Doorstep  
With Scott Stoner and Denise  
Hackert-Stoner

When: 7pm Sept. 19  
What: Presentation

Where: Saratoga Springs  
Library

### Fire Tower Challenge News By Kathi and Tim Noble

Spring has arrived and hopefully that will signal an increase in the amount of hikers getting out and completing their FTC. Over the last year we've met a few families who have expressed an interest in completing the FTC as a family, and we recently had the privilege of sending patches to the Sundeen Family - Rick, Michele, Boden and Spencer of Voorheesville. We also sent out our Third Winter Rocker to Jason Hosier of Schenectady. Larry Telle of Rochester earned his FTC Patch and enjoyed it so much that he has started to do them all again. Congratulations to the recipients and we look forward to a busy summer sending out more patches!

### Save The Date!

The Chapter annual dinner will be on  
October 25th!  
Nature photographer  
Gerry Lemmo will  
present his new program  
"Adirondack Timeless  
Treasures" at the Hiland  
Country Club

# Take a break and get outdoors!

By Laura Fiske, Chapter Chair

## Chepontuc Footnotes

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

### Executive Committee Officers:

**Chapter Chair Laura Fiske**  
Phone: 884-0345 chapterchair@adk-gfs.org

**First Vice Chair** vacant

**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 (acting)**  
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

With the hot and humid weather, it definitely feels like summer is here. Summer means your chapter has many interesting trips planned for all skill levels and all types of activities. Now might be a good time to get started on the Firetower Challenge or get out on the water! Be sure to check out the wide range of offerings in this newsletter. Going on a group activity is a great way to spend the day and learn the ropes if you are new to the ADK or the chapter.

If you are a biker, you may want to challenge yourself and participate in the ADK Ididaride. This one day event in August will test your skills and stamina as you ride 75 miles through Speculator, Indian Lake and North Creek, or, if you want a more leisurely day, there is a 20-mile option that starts in Indian Lake and finishes in North Creek. It is a lot of fun with all types of riders and abilities. I did the 75-mile ride last year and signed up again this year. Check out the main club webpage for more details and to sign up. I hope to see you at the start line!

During the summer months, the Executive Committee takes a break from the monthly meetings, but the work does not stop. We are diligently planning the annual dinner and preparing the slate of officers for you to vote on at the annual dinner in October. We need vice chairs, a treasurer and a director to serve in 2014. If you are interested please let me know. See a brief description of the duties for these positions in this newsletter. There is additional information on the chapter website in the by-laws document. We also need to build a list of potential candidates for future committee chairperson vacancies. Many of our current committee chairpersons have been involved in the chapter for many years and someday they will want to retire. A description of all the standing committees is also available in the by-laws document. You can also give me a call or the current committee chairperson. Contact information is available on this page of the newsletter.



*"I did the 75-mile ride last year and signed up again ... I hope to see you at the start line!"*

# Chapter Officers Needed for 2014!

At the annual meeting each fall, chapter officers are elected to serve the chapter for the upcoming fiscal year.

***We have vacancies for vice chair (2 positions), director and treasurer.***

## VICE CHAIR (2 positions)

The Vice Chair serves as an elected member of the Executive committee (EC) of the Chapter and performs all duties assigned by the Chapter Chair. In the absence of the Chapter Chair, the Vice Chair shall conduct the monthly EC and Chapter meetings, and shall perform all other duties assigned to the Chair.

## DIRECTOR

A Director serves both the Club and the Chapter. A Director represents the Chapter on the Club Board of Directors (BOD) and serves as an elected member of the Chapter Executive Committee (EC). A Director attends monthly Chapter EC meetings and BOD meetings (4 times per year), advises the Chapter Chair and EC on all Club matters that may affect the Chapter, reports on BOD meetings to the EC, solicits Chapter input on Club issues, and files written reports on BOD and Club activities for the Chapter Newsletter.

## TREASURER

The Treasurer serves as the chief financial officer of the Chapter. The Treasurer receives money, deposits Chapter receipts into the Chapter checking account, or other authorized account, and pays legitimate bills. The Treasurer also prepares monthly bank reconciliations for all accounts on a timely basis, provides information to EC members as to cumulative expenditures and remaining budgeted amount for particular line items, presents a report at each monthly EC meeting, and provides the Club Treasurer with a copy of the final year-end statement of Chapter revenues and expenditures.

These positions have one year terms and nominations are due August 1<sup>st</sup>. Nominations and officer biographies will be published in the September -November chapter newsletter.

Please contact Laura Fiske with any questions or nominations.

## 2014 Chapter Winter Weekend at Heart Lake

We are again renting the Wiezel cabin for the Glens Falls – Saratoga Chapter of ADK for our winter weekend 2014! We have reserved it for the weekend of February 8<sup>th</sup> thru the 10<sup>th</sup>. This three night stay cost is \$110 per person and includes the cabin costs and dinners for Saturday and Sunday nights. (If costs come in below this estimate, we will distribute refunds accordingly.)

The cabin is located near Adirondack LOJ, with the High Peaks at our doorstep. The cabin has heat, lights, and running water, including a full kitchen and two bathrooms. It sleeps 16 and I will begin accepting reservations with payment from members ASAP. A waiting list will be maintained. Please send checks made payable to Steve Mackey to:

Steve Mackey  
21 MacArthur Dr  
Glens Falls, NY 12801-2317

Please email any questions to Steve at:  
smackey33@verizon.net

## Bear-proof storage containers available!

- ◆ 8.8" dia. X 12" long, weight 2.7 lbs. Designed to slip into your backpack.
- ◆ Required in the Eastern High Peaks Zone and important for any backcountry overnight adventure, backpacking or canoe camping destination.
- ◆ Rental Rates: 1-3 days \$5.00 4-7 days \$10.00

Call *Jim Schneider* 518-581-9367 to reserve your rental.

Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.

**RAGNAR RELAY**, the overnight running race, is coming to the Adirondacks! The relay is September 27-28th and starts at the Saratoga Spa State Park, skirts along the Hudson River, passes through the Lake George region, up the southern side of Lake Champlain and ends in Lake Placid. GREAT NEWS ~ ADK has been selected as the "Charity of Choice!" Organizers estimate 100 volunteers are needed. **RAGNAR will pay ADK \$100 for every volunteer we provide, which will be split 50/50 with the ADK Chapter who provides the volunteers.** Please let Laura Fiske know if you'd like to volunteer for the Glens Falls-Saratoga Chapter @ [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org) For more information, visit <http://www.ragnarrelay.com/race/adirondacks>.

By **Linda Ranado**,  
Education Chair

Hopefully, this finds all those we've sponsored for summer camperships having had a pleasant experience. I look forward to hearing from you all. Keep in mind that it won't be all that long before we begin recruiting candidates for the 2014 season of DEC's Camps Colby and Pack Forest and ADK's Teen Trails programs.

On May 23rd Nancy Buckley, Barb Bilins and I joined in with the Moreau State Park's Conservation Day and offered a learning station which reminded students of key "Leave No Trace" concepts. The third grade participants proved quite impressive as they recognized bad choices made by Nancy and helped put her on the right path to becoming a good hiker. As always, keep us in mind for community, school and organization activities that you may be planning. Past presentations have included LNT pointers, how to pack for a hike, scavenger walks, and power point presentations relating to hiking and/or nature appreciation and we are always open to new opportunities. If interested, contact Linda at [education@adk-gfs.org](mailto:education@adk-gfs.org).

## 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 email your report to: [metadatajim@gmail.com](mailto:metadatajim@gmail.com)

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

## Executive Committee Meeting Minutes

### Minutes from April 3, 2013

**Director Bill Bill Bechtel** reported on the Club Board of Directors meeting. The 2013 budget will be reduced by 3% or \$100,000 due to a 2012 deficit. Membership is 15,930 households and the Club has an 83% retention rate which is quite high. ADK received a 75% reimbursement CFA grant from the State for \$221,000. The Club will renovate the High Peaks Information Center to increase the store size, renovate the main Loj kitchen at Heart Lake, increase the size of the Loj's meeting area, and expand the campground loop. He noted that the *Adirondac* magazine has gone digital. He explained the types of endowments the Club has. He reported that the Club would like to have the 70,000 acres of new Finch land being acquired by the State of New York classified as mostly wilderness and the State wants it classified as mostly wild forest. He reported

that National Geographic is working with ADK to update its maps to coordinate with the Club's guide books.

**Conservation Chair Jacki Bave** reported on the Club Conservation Committee meeting. Tony Goodwin is heading a group that wants to remove the rails from Thendara to Lake Placid and create a bike trail. At issue is the risk that this will facilitate more illegal ATV and snowmobile riding on wilderness areas and private land. The State is being asked to review the Unit Management Plan for that area. She noted that the LG Land Conservancy is planning an Around the Lake Challenge.

**Jonathan Lane** reported that the Sports and Fitness Event was very busy and he sold many memberships and items.

**Education Chair Linda Rinado** reported that there are eight kids being sponsored for camps this summer, one for ADK and seven for DEC camps.

**G/F SARATOGA CHAPATER**  
**NEW MEMBERS - MARCH 2013**

Heather Begin, Burnt Hills  
Sue Cassidy, Greenfield, Massachu-  
setts  
Alexander Cavert, Clifton Park  
George, Karla, Gunnar & Mikala Con-  
way, Middle Grove  
Michelle Dannenhoffer-Cau, Clifton  
Park  
James Flacke, Saratoga Springs  
Damian Foti, Mechanicville  
Mike Garcia, Saratoga Springs  
Raul Gervasio, Niskayuna  
Max Glansberg, Greenfield Center  
Kim Gray, Gansevoort  
Jason & Allison Hughes, Glens Falls  
Richard Jenny, Middle Grove  
Paddy Kelley, Saratoga Springs  
Mary La Creta, Saratoga Springs  
Colleen Lenney, Saratoga Springs  
Ronald Loffredo, Saratoga Springs  
Bethany Loffredo, Princeton, New Jer-  
sey  
Brandon Martindale, Queensbury  
David Normoyle, Saratoga Springs  
Rachel Patterson, Rensselaer  
William Peirce, Queensbury  
Monica Pepin, Queensbury  
Kenneth Powell, Clifton Park  
Jeanette, John & Andrea Sassatelli,  
Valley Falls, New York  
Claude Sheridan, Bolton Landing  
Rebecca Sparacin, Clifton Park  
Shane & Jennifer Therrien, Ballston  
Spa  
Beale & Gerd Wiesenberg, Greenfield  
Center

**REJOINED MEMBERS - MARCH**  
**2013**

Andrew & Gloria Allison, Queensbury  
John Banevicius & Jeryl Simpson,  
Clifton Park  
Richard, Deborah & Anna Czech,  
Saratoga Springs  
Roxanne Day, Gansevoort  
Jessica Gottung, Broadalbin  
Don & Jane Hughes, Saratoga Springs  
Terje & Urliki Kuusk, Lake George  
Geoffrey, Julie & Brook Maliszewski,  
Saratoga Springs  
Arthur, Mary, Joseph, Matthew &  
Katherine Prostick, Saratoga Springs  
David Rockefeller & Miriam Scarbor-  
ough, Saratoga Springs  
Ronald, Megan, Winnie & Ron  
Schorpp, Queensbury  
Mark, Gabriella & Freddie Weidner &  
Maryanne MacKenzie, Queensbury

**NEW MEMBERS - APRIL, 2013**

Albert Bottiglieri, Gansevoort  
Bob & Sheila Brodie, Lake George  
Robert Brown, Gansevoort  
Gayle & Mark Bush, Hudson Falls  
Jack Carroll, Wilton  
Elizabeth & Liam Cobb, Fort Edward  
Kathryn Cramer, Glens Falls  
Steve, Tammy, MaryEllen, AnnaMarie  
& Michael Dean, Glens Falls  
Jared Drapala, Ballston Spa  
John, Jessica & Patrick Fantauzzi,  
Rexford  
Carol & Ronald Gilson, Kattskill Bay  
William Hall, Waterford

Bejamin & Lynn Harkins, Ballston Spa  
Steve Hazzard, Mantua, New Jersey  
Ronald Ireland, Saratoga Springs  
Laura Jacques, Saratoga Springs  
Bruce Klion, Saratoga Springs  
Dan Krueger, Granville  
Bruce H. Lant & Rita Moran, Fort Ed-  
ward  
Jeremy Lester, Ballston Spa  
Erin Maggi, Clifton Park  
Tyler Mammone, Glens Falls  
Chris Marion, Hudson Falls  
Brett Moskal, Lake George  
Loretta Sheil-O'Reilly & Brian, Aedann  
& Brendan O'Reilly, Patchogue, New  
York  
Frances Sloatman, Grand Junction,  
Colorado  
Judith Stafford, North Creek  
David Warner, Glens Falls

**REJOINED MEMBERS - APRIL, 2013**

Wayne C. Ellett, Clifton Park  
Stephen & Louise Golub, Saratoga  
Springs  
Arthur & Suzie Gowie, Bangor, Maine  
Joshua Henderson, Glens Falls  
Francoise C. Herve, Malta  
Brian Keech, Glens Falls  
Gail & Brian Kelleher, Wilton  
Chris, Brenda, Kristen & Eric Langdon,  
Burnt Hills  
Ed McQuate, Queensbury  
Joan Reid & Michael Potter, Queens-  
bury  
Glenn & Kathy Watson, Queensbury  
Diane Whitten, Schuylerville  
James Young, Queensbury

Make sure to check our web site  
@

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

ADK needs you to write a letter or send an email by July 19 to show your support for "Alternative 1A," creating a new Wilderness Area that provides public access to the Essex Chain Lakes and the Hudson River.

Send comment letters to:

Mr. James Connolly  
NYS Adirondack Park Agency  
PO Box 99  
Ray Brook, NY 12977  
Fax: 518-891-3938  
Email: [apa\\_slmp@gw.dec.state.ny.us](mailto:apa_slmp@gw.dec.state.ny.us)

For more information. click on advocacy & action alerts  
@ [www.adk.org](http://www.adk.org)

# Outings and Programs Schedule

[ See [adk-gfs.org](http://adk-gfs.org) website for latest calendar ]

Date	Day	Type	Destination	Leader(s)	Rating
<b>July</b>					
4	Thu	Hike	YMG - Trailgating	Jonathan Lane	B
6	Sat	Hike	Seymour Peak	Mike Fuller	A+
7	Sun	Hike	Owls Head Mountain Fire Tower	Bill Carpenter	B+
9	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
13	Sat	Hike	Phelps Mt. via Klondike Notch and Herd Path	Bill Morse	B+
13	Sat	Hike	Treadway Mountain	Reg Prouty	B
14	Sun	Hike	Wright, Algonquin and Iroquois	Wayne Richter	A+
14	Sun	Hike	Wakely Mountain Fire Tower Hike	Bill Carpenter	B+
14	Sun	Hike	Montcalm Point Hike & Swim	Neal Van Dorsten	C+
14	Sun	Walk/Hike	Tenant Creek Falls	Jessica Gottung	C
16	Tue	Bike	Brant Lake Bike Ride	Neal Van Dorsten	B
16	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
20	Sat	Hike	Santanoni ,Panther & Couch	Mike Fuller	A+
20	Sat	Hike	Brown Pond, Ruby Mt. Bushwack	Rich Crammond	B-
21	Sun	Hike	Dix Mountain	Lorraine MacKenzie	A
27	Sat	Paddle/Camp/Hike	Raquette Lake Overnight	Jayne Boudier	A
30	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
<b>August</b>					
4	Sun	Hike	Sawteeth Scenic trail	Lorraine MacKenzie	B
6	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
10	Sat	Bushwack	Blue Ridge East (3436') via NP Trail & Dishrag Pond	Mike McLean	A+
11	Sun	Hike	YMG - Indian Head & Twin - Catskill High Peaks	Jonathan Lane	A
17	Sat	Hike	Allen Peak	Mike Fuller	A+
17	Sat	Hike	Colvin/Blake	Bill Morse	A+
17	Sat	Hike	Kings Flow, Humphrey Mt. Trail (unmaintained)	Rich Crammond	B
20	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
24	Sat	Hike	Saddleback and Basin	Wayne Richter	A+
31	Sat	Bushwack	Lost Gorge	Jayne Boudier	A
31	Sat	Hike	Pharaoh Mtn.	Reg Prouty	B
<b>September</b>					
7	Sat	Hike	Dial/Nippletop	Bill Morse	A+
10	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
14	Sat	Hike	Wallface and Scott Ponds (High Peak Region)	Rich Crammond	A
21	Sat	Bushwack	Blue Ridge Mountain.	Jayne Boudier	A
22	Sun	Hike	Fifth Peak Lean Tongue Mountain	Lorraine MacKenzie	B
24	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
28	Sat	Hike	Giant and Rocky Peak Traverse	Mike Fuller	A+
28	Sat	Hike	Big Slide via The Brothers	Reg Prouty	A

## Outings Detail

### YMG - TRAILGATING - [ Hike ]

Thu, Jul 4, 2013, 7:00 am, Rating: B  
Jonathan Lane - 744-4594, [saratogahiker@infogorp.com](mailto:saratogahiker@infogorp.com)  
- Let's celebrate the 4th of July with a short hike and some 'trailgating!' The exact destination is TBD, but will be within five miles round-trip. After returning to the trailhead, we'll fire up the grill! A donation of \$5 is requested to help cover food costs. Contact leader for trip details and to sign up.

### SEYMOUR PEAK - [ Hike ]

Sat, Jul 6, 2013, 5:00 am, Rating: A+  
Mike Fuller - 802-254-3314, [farmallboy55@hotmail.com](mailto:farmallboy55@hotmail.com)  
- Working on your 46? Then come along for a one peak day. About 14 miles and 2,370 ft. of ascent. Bring three or four liters of water, bug dope and lots of fun. I've never climbed this peak without snow [4/5ft], so I hope someone knows the way. I'll bring a water filter if anyone needs it. Its pretty flat to Ward Brook Lean-To where we'll pick up the herd path. No phone calls after 7:00pm the night before the hike or on the morning of hike. Meet at Panera Bread 5:00am in Queensbury.

### OWLS HEAD MOUNTAIN FIRE TOWER - [ Hike ]

Sun, Jul 7, 2013, 8:00 am, Rating: B+  
Bill Carpenter - 518-793-5506  
- Continuing on with the Hamilton County Fire Tower Nature Challenge to earn our new patch, we will hike approximately six miles round-trip with an elevation change of approximately 1,150 ft. The trail is a moderate climb, but steep at the end. Call hike leader to sign up or for more information. Bad weather cancels.

### TUESDAY EVENING PADDLE

Tue, Jul 9, 2013, 5:30 pm, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- Join us on flat water or gentle streams within an hour of Glens Falls. We don't go very far or fast, but have a great time getting out in the evening and exploring the waters just before dusk. It's a beautiful time to be out. Call or email Sunday or Monday to find out where we'll be going. Thunderstorms in the forecast will postpone the trip.

### PHELPS MT. VIA KLONDIKE NOTCH AND HERD PATH - [ Hike ]

Sat, Jul 13, 2013, 7:00 am, Rating: B+  
Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- We will meet at 7:00AM at Exit 29, the old Frontier Town parking lot. From there we drive to South Meadow to the Klondike Notch Trail. We will hike 2.6 miles to the Klondike lean-to and take the herd path up Phelps. Round trip is 9-10 miles with an elevation gain of about 2,000 feet. This is not a steep hike and would be a good first High Peak hike.

### TREADWAY MOUNTAIN - [ Hike ]

Sat, Jul 13, 2013, 8:30 am, Rating: B  
Reg Prouty - 518-747-9736  
- This is a pleasant hike in mid-summer when hopefully there will be large ample blueberries this July. The roundtrip distance up this mountain near Ticonderoga is about eight miles with mildly steep sections and only 900 feet of ascent. It will be an all day hike with plenty of time to enjoy the fine view of the Pharaoh Lake Wilderness Area.

### WRIGHT, ALGONQUIN AND IROQUOIS - [ Hike ]

Sun, Jul 14, 2013, 5:30 am, Rating: A+  
Wayne Richter - 893-7895, [devnull42@nycap.rr.com](mailto:devnull42@nycap.rr.com)  
- The MacIntyre Range has some of the finest summits in the Adirondacks, and some good rock scrambling along the way. With the three open principal summits, we'll enjoy lots of fine views. We'll begin with Wright, then head back down a bit before ascending lofty Algonquin. Then it's over to Iroquois via Boundary. We'll spend some quality summit time before returning to Algonquin later in the afternoon when the crowds should be thinner. The long summer day should give us lots of time for enjoying the summits as we hike at a moderate pace. Bring plenty of water and get up and go. Distance is 11.6 miles with about 4,300 feet of elevation change. Please contact the leader by Friday evening before the hike. Thunderstorms or lots of rain will cancel.

### WAKELY MOUNTAIN FIRE TOWER HIKE

Sun, Jul 14, 2013, 8:00 am, Rating: B+  
Bill Carpenter - 518-793-5506  
- The May hike to Wakely Mountain was changed to Blue Mountain because of the road closure. So, we will try Wakely again to finish our Hamilton County Nature Challenge Patch. This fire tower gives us great views. I could see three other fire towers from the top. It is an easy start, approximately 1.9 miles, then up for approximately 1 mile. Total hike round trip is approximately six miles. Call leader to sign up or for more information. Bad weather will cancel.

### MONTCALM POINT HIKE & SWIM

Sun, Jul 14, 2013, 9:00 am, Rating: C+  
Neal Van Dorsten - 518-644-9453, [nealvan@aol.com](mailto:nealvan@aol.com)  
- We will take a hike along the beautiful shore of Lake George from Clay Meadows to Montcalm Point. This 6+ mile hike has some up and down, but mostly easy hiking. We will then take a swim at the point and enjoy boat transport on our return. Space is limited. Will meet in Bolton Landing at the public parking lot next to Cafe Verro.

### TENANT CREEK FALLS - [ Walk/Hike ]

Sun, Jul 14, 2013, 8:30 am, Rating: C  
Jessica Gottung - 944-9225, [jgottung001@nycap.rr.com](mailto:jgottung001@nycap.rr.com)  
- Located in the town of Hope, we will walk to the first of three falls on this hike to keep things safe for the little ones. Pack a pair of water shoes or sandals for the kids, as there are opportunities to splash in the rocky creek! We will break for a snack by the waterfall. Please wear appropriate fully enclosed shoes and don't forget the bug spray!

### BRANT LAKE BIKE RIDE

Tue, Jul 16, 2013, 9:00 am, Rating: B  
Neal Van Dorsten - 518-644-9453, [nealvan@aol.com](mailto:nealvan@aol.com)  
- This bike trip meanders along Schroon River and circumvents Lake Brant. There are some small hills, but mostly level. Total distance is 28 miles at an easy pace. No one will be left behind. Meet at the parking area at Exit 24 Northway.

### TUESDAY EVENING PADDLE

Tue, Jul 16, 2013, 5:15 pm, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See July 9th

## Outings Detail

### **SANTANONI, PANTHER & COUCH** - [ Hike ]

Sat, Jul 20, 2013, 5:00 am, Rating: A+  
Mike Fuller - 802-254-3314, [farmallboy55@hotmail.com](mailto:farmallboy55@hotmail.com)  
- I led this hike last year and had a big turn out, so here we go again. This is a big day of 18 miles, so know your limits! We'll go in at Bradley Pond to Panther, then Couch, back to Time Square, to Santanoni where we'll take the new-old trail back to the main trail. Bring four liters of water. I'll bring a filter, as there's good water after we leave Santanoni. Meet at Panera Bread 5:00am Queensbury. No phone calls after 7:00pm the night before the hike or the morning of the hike.

### **BROWN POND, RUBY MT. BUSHWACK** - [ Hike ]

Sat, Jul 20, 2013, 9:00 am, Rating: B-  
Rich Crammond - 584-2380  
- We will hike up and over Ruby to an Adirondack pond that is dear to this ADKer. Around 900ft. elevation change and about 3.5 miles of hiking round trip. Meeting place is the Grand Union parking lot off Main Street in the village of North Creek. We will carpool from there. Please contact the leader to sign up and see you there!

### **DIX MOUNTAIN** - [ Hike ]

Sun, Jul 21, 2013, 7:00 am, Rating: A  
Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)  
- Dix is the sixth highest of the 46. This is one of my favorite climbs. The route we will be taking leads us to the base of a slide and up alongside of it. The views on top are fantastic. Round trip is over 11 miles with 3,500 + feet elevation gain. Rain cancels.

### **RAQUETTE LAKE OVERNIGHT** - [ Paddle/Camp/Hike ]

Sat, Jul 27, 2013, 10:00 am, Rating: A  
Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- July 27-8. We could camp at Big Island or Tioga Point, poke around the Needles, or do South Inlet to the falls (and maybe hike to the old Sagamore powerhouse). I'm open to suggestions. But later on Sunday, St. Williams on Long Point is having their annual chicken barbecue and silent auction, and I'll be going there, for sure! The paddle is 8-10 miles, at a moderate to leisurely pace. I have canoes to lend. Anyone who just wants to do the barbecue can take the free ferry there from Raquette Lake Village, between 1-4 p.m. on Sunday.

### **TUESDAY EVENING PADDLE**

Tue, Jul 30, 2013, 5:15 pm, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See July 9th

### **SAWTEETH SCENIC TRAIL** - [ Hike ]

Sun, Aug 4, 2013, 7:00 am, Rating: B  
Leader: Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)  
- This trail leads us up the 'teeth' of Sawteeth. Each tooth is set at a higher elevation than the last with the final summit at 4,150 feet. The views of Indian Cliffs and the Ausable Lake are wonderful. The total mileage is 11.5 miles with an elevation gain of 3,200 feet. Rain cancels.

### **TUESDAY EVENING PADDLE**

Tue, Aug 6, 2013, 5:15 pm, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See July 9th

### **BLUE RIDGE EAST (3436') VIA NP TRAIL & DISHRAG POND** - [ Bushwack ]

Sat, Aug 10, 2013, 8:00 am, Rating: A+  
Mike McLean - 315-262-2564, [mpmclean@twcny.rr.com](mailto:mpmclean@twcny.rr.com)  
- This area is #99 on the Hundred Highest list. We will start on the new section of the NP Trail leading north from Wakely Dam until we hit the col between Metcalf and Round Top Mountains and then head northwest to intersect Browns Brook and then Dishrag Pond before heading up to the wooded summit. About 12 miles round trip. I have never climbed on this side of Blue Ridge before, but think we should come prepared for thick bushwhacking.

### **YMG - INDIAN HEAD & TWIN - CATSKILL HIGH PEAKS** - [ Hike ]

Sun, Aug 11, 2013, 6:30 am, Rating: A  
Jonathan Lane - 744-4594, [saratogahiker@infogorp.com](mailto:saratogahiker@infogorp.com)  
- Let's hike along part of the Devil's Path and reach the summit of a couple of Catskill High Peaks while enjoying some beautiful views along the way. Round-trip distance is approximately 7.5 miles. Please sign up by the Friday before the hike.

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

Sat, Aug 17, 2013, 5:30 am, Rating: A+  
Mike Fuller - 802-254-3314, [farmallboy55@hotmail.com](mailto:farmallboy55@hotmail.com)  
- This hike is starting to be one of my favorites. It's 18+ miles and 2,540 ft. of up, an easy hike to Skylight Brook, and then, the climb. There is lots of water along the way so I'll bring a filter to refill bottles. In the past this peak was known as 'The Big Nasty,' Let's hope it lives up to its name! We'll meet at Panera Bread Queenbury at 5:30. No calls after 7:00pm the night before the hike or the morning of hike.

### **COLVIN/BLAKE** - [ Hike ]

Sat, Aug 17, 2013, 7:00 am, Rating: A+  
Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- We will meet at 7:00AM at Exit 29, the old Frontier Town parking lot. From there we drive to the Ausable Club and follow the Lake Road to the trail head. The total distance is 14.8 miles with a combined elevation gain of over 3,000 feet. Bring plenty of water and food. Also be prepared for mud, as there is usually some on the trail between Colvin and Blake.

### **KINGS FLOW, HUMPHREY MT. TRAIL (UNMAINTAINED)** - [ Hike ]

Sat, Aug 17, 2013, 8:00 am, Rating: B  
Rich Crammond - 584-2380  
- This hike will be along Kings Flow, then up to the top of Humphrey Mountain. We will look for whatever is left of an old lumber camp and old garnet mine trailings along the last 1.5 miles of the hike. There is 0.5 miles of bushwhacking if we go for the summit. Approximately 8.6 miles round trip with about 1184 feet of elevation change. Let's hope for a good exploring day. Meeting place is at the Grand Union parking lot in North Creek, Main St. Village, in order to car pool from there.

### **TUESDAY EVENING PADDLE**

Tue, Aug 20, 2013, 5:15 pm, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See July 9th

## Outings Detail

### **SADDLEBACK AND BASIN** - [ Hike ]

Sat, Aug 24, 2013, 5:30 am, Rating: A+  
Wayne Richter - 893-7895, [devnull42@nycap.rr.com](mailto:devnull42@nycap.rr.com)  
- This is another pair of my favorite peaks with great views and some intense scrambling using all fours. With an early start, we'll try to get a spot at the Garden lot but drivers will otherwise have to take the shuttle from Marcy Field (\$5). We'll take the Shorey Shortcut then ascend Basin. Then it's over to Saddleback. On the way down, we'll see the spectacular new slide on Saddleback and maybe count the wooden steps. Distance is 16.2 miles with about 4,000 feet of elevation change. Please contact the leader by Thursday evening before the hike.

### **LOST GORGE** - [ Bushwack ]

Sat, Aug 31, 2013, 7:30 am, Rating: A  
Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- The gorge is full of user friendly rocks, crystal pools, and all kinds of waterfalls. Afterward, in the woods, is a large, smooth rock with great views. This bushwack is seven miles (half trailless) 1,100 ft. ascent, at a moderate to leisurely pace. We'll be in the North fork of the Boquet River, Dix Mountain Wilderness.

### **PHARAOH MTN.** - [ Hike ]

Sat, Aug 31, 2013, 8:00 am, Rating: B  
Reg Prouty - 518-747-9736  
- We will approach Pharaoh's summit from the Crane Pond trailhead. Round trip distance from the DEC parking area is 9.4 miles. Total ascent is 1,475 feet to the 2,556 foot tall summit in the Pharaoh Lake Wilderness Area. Pace will be moderate with plenty of time for lunch and pictures on the top.

### **DIAL/NIPPLETOP** - [ Hike ]

Sat, Sep 7, 2013, 7:00 am, Rating: A+  
Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- We will meet at 7:00AM at Exit 29, the old Frontier Town parking lot. From there we drive to the Ausable Club and take the Leach trail to Bear Den then on to Dial and Nippletop. Total distance is 13.1 miles and a combined elevation gain of 4,000 feet. We will return via the Lake Road. Bring plenty of water and food.

### **TUESDAY EVENING PADDLE**

Tue, Sep 10, 2013, 5:00 pm, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See July 9th

### **WALLFACE AND SCOTT PONDS (HIGH PEAK REGION)** -

[ Hike ]  
Sat, Sep 14, 2013, 8:00 am, Rating: A  
Rich Crammond - 584-2380  
- We will meet at the High Peaks Information Center at Heart Lake ADK Loj. This will be a day hike to a great area. Round trip will be 13.8 miles of hiking with approximately 820' of elevation change. Looks like a rugged all day outing but we can get 'er done. Hope for good weather and bring along your fall gear and flashlights fellow hikers! Please contact the leader for more details and to sign up. See you there!

### **BLUE RIDGE MOUNTAIN.** - [ Bushwack ]

Sat, Sep 21, 2013, 7:00 am, Rating: A  
Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- This adventure includes a refreshing ex-beaver dam wade, possibly a trail for some of the way, a crash site (for details, read "C-46 crash on Blue Ridge Mountain, NY 1944), and a

100 Highest mountain. 10 miles (mostly bushwacking), 2400 ft. ascent, at a moderate, 'let's take all day' pace. From Mason Lake, Lake Pleasant.

### **FIFTH PEAK LEAN TONGUE MOUNTAIN** - [ Hike ]

Sun, Sep 22, 2013, 8:30 am, Rating: B  
Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)  
- This is my annual September hike on a part of the Tongue Mountain Range. The trees have usually begun to change colors and the lake traffic has quieted down. The hike is about two miles up to the top. The views of Lake George are magnificent. Elevation gain is about 1,400. Rain cancels.

### **TUESDAY EVENING PADDLE**

Tue, Sep 24, 2013, 5:00 pm, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See July 9th

### **GIANT AND ROCKY PEAK TRAVERSE** - [ Hike ]

Sat, Sep 28, 2013, 5:30 am, Rating: A+  
Mike Fuller - 802-254-3314, [farmalloy55@hotmail.com](mailto:farmalloy55@hotmail.com)  
- This is my fall classic. It was my first Adirondack hike. A little over 13 miles and a lot of up and down. We'll spot cars at Chapel Pond and New Russia trailheads. We'll meet at Panera Bread in Queensbury at 5:30am. Hope for a sunny day and lots of fun. No calls the morning of the hike or after 7:30pm the night before.

### **BIG SLIDE VIA THE BROTHERS** - [ Hike ]

Sat, Sep 28, 2013, 7:00 am, Rating: A  
Reg Prouty - 518-747-9736  
- We may get an earlier start from Glens Falls in order to make sure we get a parking spot in the Garden parking lot. We will do a 9 1/2 mile loop from the Garden up over the three Brothers and returning via the Phelps trail from the John's Brook Lodge. View of the Great Range are fabulous as you are seeing the range from the other side looking east. Foliage should also be at peak this weekend so lets get out and enjoy Mother Nature's paintbrush and the crisp Fall air in the absence of bugs. Ascent from the Garden is 2,800 feet to the 4,240 feet summit.



Woods Hollow Nature Preserve, Sun, May 19, 2013  
See the review of this outing and more @ [adk-gfs.org](http://adk-gfs.org)

## Trip Reviews

### **YMG - Red Hill Fire Tower Sat, Apr 6, 2013, Jen Shepherd**

- I was determined that it should be spring already so I dressed for it, layered shirts with a hiking skirt. I had two meet locations plus the trailhead. We had some confusion with the construction at the twin bridges and which way we'd be getting to the trailhead but we all made it. Eventually! The temps in the Catskills were much colder than at home, winter was still clinging in the air with the last of it's dying bone chilling breeze. I ended up with pants on under my skirt for the hike but left my snowshoes behind to feel like I was winning a battle that winter clearly had a leg up on. The last 0.6 miles of the road was still a bit snowed in. We might have been able to drive down in but getting back out would have been a challenge without all wheel drive. We were walking and that was quite alright! The group kept a comfy steady pace with a few short breaks along the way. We encountered enough snow to warrant the use of micro-spikes around halfway up. Conversation was flowing, the sun was shining, and spirits seemed to be high. As we filtered out onto the summit, the sunny picnic table was already claimed so my group took over the front porch of the cabin. Since I mentioned to the group to bring some goodies to share (and I in particular like chocolate) there were tons of chocolatey goodies to go around! While we were indulging in a treat pass, a man came onto the summit who totally made our day. Many thanks to Doug Hamilton from the Red Hill tower committee for choosing such a fine day to inspect the summit. He opened the cabin right up to give us the tour and then opened the tower too! We had a great chat with him and took advantage of our good fortune by grabbing lots of photos both in the cabin and from the top of the tower. It was definitely a great day to be on Red Hill. In total we spent a bit over an hour on the summit before heading down. It was so sunny and nice after we returned to the vehicles that some of us hung around to chat a bit. Yet another great group of people making for a perfect day on the trails. Congrats to my friend Nick for being another tower closer to his big finish! 10 Participants: Jen Shepherd, Nick Lanzillo, Erica Halbrook, Bill Barton, Tom McClenithan, Margie Litwin, Lynn Mayack, Laura Golas, and Mr. and Mrs. Bill Wasilawski (sorry we didn't get as much time with you guys!).

### **Monday Geocache Mon, Apr 8, 2013, Sarah King and Maureen Coutant**

- This month we finally got to Hackensack Mountain to look for the old and new geocaches along the trails. We did a loop which took us around the back side of the mountain, along the ridge and then back down towards the pond. Along the way, we found many caches and learned a few things about our GPS and each other! Many "it's a small world" moments which seem to be common on ADK outings. The trail was steep and slippery in parts due to the leaf litter, but I think only Mo landed on her butt more than once! 10 Participants: Mo Coutant, Carolyn Curren, Rich Drew, Steve Gray, Sarah King, Licia Mackey, Don and Marjory Moeller, Rick Morse, and Bill Schwarz.

### **Tuesday Trek Tue, Apr 9, 2013, Maureen Coutant**

- This week we walked along the Wilkinson Trail at the Saratoga National Battlefield. It's a 4.2 mile walk through the fields and woods. We stopped at the markers and used the self guided tour map to learn a little about the area as we walked. Plus, Joy added some interesting facts that she recalled from a prior Park Ranger walk that she had gone on. We finished by enjoying lunch on the sunny patio of the Visitor Center. Good thing we got out then since a couple of days later we had a mix of rain/snow/and sleet! Brrr. 17 Participants: Sue Atwell, Ken Corsetti, Mo Coutant, Carolyn Curren, Paul Dietershagen, Rich Drew, Bill Glendening, Louise and Steve Golub, Sarah King,

Eric Krantz, Licia and Steve Mackey, Joy Munro, George and Irene Sammons, and Joanne Szot.

### **Vista Trail toward Erebus Sat, Apr 13, 2013, Jayne Boudier**

- We finally got up Erebus from the Vista Trail! It was marked all the way, to the Bumps Pond trail, anyhow. Then we did a short, steep bushwack up to the ridge, and got a steady icy shower the rest of the way up, as frosted pine tops we had admired from Vista Trail melted on us. That, and deep snow, kept us from finding the overlook after the summit, but "Hey, what a great day!" Thank you Tim and Nick! 3 Participants: Jayne Boudier, Nick Ringelberg, and Tim Ward.

### **Tuesday Trek Tue, Apr 16, 2013, Maureen Coutant**

- This week we hiked French Mountain just off the Lake George bike trail. It was a nice warm up hike for longer hikes to come. The weather was actually spring-like, but a cool breeze on top kept us from spending too much time there. We made our annual spring clean up side trip to the remnants of an old billboard and found that the piles of trash we've carted out in the past hadn't accumulated. We did take out four or five bags, but that's nothing compared to other years. One little spot made better by ADK (along with the trail and parking area). Also, we saw signs of spring: Coltsfoot in bloom and skunk cabbage sprouts! 13 Participants: Sue Atwell, Doug Beers, Nancy Burke, Ginny Carluccio, Mo Coutant, Carolyn Curren, Paul Dietershagen, Steve Gray, Eric Krantz, Licia Mackey, George Sammons, John Schneider, and Bill Schwarz.

### **Tuesday Treks Tue, Apr 23, 2013, Maureen Coutant**

- This week we walked around the Hudson Pointe Preserve in Queensbury. You walk along a bluff next to the Hudson River and then down by the river. If you're lucky, you can get to the bridge over a little bay and continue the loop trail. As expected, we weren't lucky this time (usually flooded or too muddy in the spring), but we walked as close as we could get to the bridge from both directions and also along the lesser known upper ridge trail. We introduced the area to two of the participants and reminded others of this nice area. 10 Participants: Jim Brown, Mo Coutant, Sarah King, Eric Krantz, Licia and Steve Mackey, Mickey Onofrietto, George Sammons, Bill Schwarz, and Joanne Szot.

### **Pharaoh Mt. via Crane Pond Sat, Apr 27, 2013, Bill Morse**

- The road from the Crane Pond Parking area to Crane Pond has not improved over the winter. By piling everyone in my truck, we got down the road. It was a beautiful day for a hike. Sunshine, no bugs and clear blue skies for the views at the top. Although, we were a bit surprised by the presence of ice on some of the trail near the top. It must be trout season based at the number of vehicles parked at Crane Pond and at Goose Pond. Pharaoh is one of my favorite hikes any time of the year. Everyone seemed to enjoy this hike, and a return trip is in planning for the fall. 7 Participants: Katilee Turow, Chris Bourgeois, Colleen Downing, Joanne Walczek, Karen Burka, Rebecca Weller, Bill Morse, and Abbey the dog.

Additional reviews can be found on our chapter web site at [adk-gfs.org](http://adk-gfs.org) by clicking on "Reviews" in the Chapter Links.

## 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!***

