



# Chepontuc Footnotes

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

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



## Galapagos – Enchanted Isles

John Schneider, long-time chapter member and Treasurer, has traveled twice to the Galapagos Islands. His second trip was with his wife and their 11-year old twin grandchildren in June 2011. This 10 day trip involved eight days on a ship with 71 adults and 25 children.

During the eight days on the ship, passengers went ashore at least twice daily, and three times on a few days. These shore excursions included nature walks, snorkeling, swimming at various beaches, and hiking up to the summit cone of a volcano. They saw the varied animal life of these islands made famous by

Charles Darwin. This included: blue footed boobies, red footed boobies, albatrosses, frigate birds, gulls, pelicans, flamingos, herons, doves, sea lions, orcas, Sally Lightfoot crabs, land iguanas, marine iguanas, and Galapagos penguins – the most northern penguins in the world. One of the many highlights of the trip included observing the giant Galapagos tortoises and "Lonesome George," the last of his species.

Come enjoy the sights of one of the most exotic and enchanted places on this great earth. After a 32 year career in education, John retired in June 1997. Since then he has traveled extensively in the United States and abroad. In two separate two-month long trips in 1997 and 1999, he visited and hiked in more than 20 national parks. He has hiked from A (Acadia) to almost Z (Yosemite) including the Grand Canyon, Yellowstone, Grand Teton, Rocky Mountain, Glacier, Badlands, Olympic, Redwood, Sequoia, Arches, Canyonlands, Bryce, and many other national parks. He has also hiked to the top of 14,500 foot Mount Whitney, the highest point in the contiguous United States. In 2007 he took a 14,000 mile vehicle trip to Alaska and back and did extensive hiking in a number of the Alaska's National Parks. At this point he has visited 38 of our major national parks.

### Program

**Galapagos - Enchanted Isles**

**When: 7pm Mon. April 29**

**What: Presentation and slide show with John Schneider**

**Where: Crandall Public Library**

## Three Slots Available for Chapter Winter Weekend

The Chapter is holding its 2013 Winter Weekend at the Wiezel Trails Cabin at Heart Lake Friday, March 15, 2013 to Monday, March 18, 2013. From the cabin, we can cross-country ski and snowshoe to many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Saturday and Sunday Dinners and breakfast coffee are included in the price. The Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 persons in four four-person bunk-rooms. To reserve your spot, send your deposit of \$110 per person in checks made out to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 12866. Call 518-584-8527 for more details. Reservations are on a first-come, first-serve basis.



Blue-footed Booby in the Galapagos!

# Calling all kids and adults!

By Laura Fiske, Chapter Chair

Got kids and want them to go to summer camp? Do they like the outdoors? We have something to offer! Your chapter is seeking youth to sponsor for camperships.

Camp Colby is for ages 11-13 and Pack Forest is for ages 11-13 and 14-17. Participants are involved with aquatic biology, wildlife management,

field ecology and other environmental issues.

We are also seeking applicants for the Teen Trails Workers program that is open to students aged 14-17 who not only enjoy the outdoors, but also are interested in taking on an active role in trail maintenance. To learn more see [www.dec.ny.gov/education/29.html](http://www.dec.ny.gov/education/29.html) For application forms or more information go to our website at [adk-gfs.org/education.php](http://adk-gfs.org/education.php) or contact Linda Rinado, Chapter Education chair at [education@adk-gfs.org](mailto:education@adk-gfs.org)

In addition to needing kids to send to summer camp, we need adults willing to get involved with the management of the chapter. We have several vacancies at

the moment and it would be great to develop a pipeline for future vacancies. As you

are reading this newsletter take a look at the list on the right to see the current management positions and standing committees for your chapter. If you are not ready to jump right in and accept a position, the committee chairs would love

to have some committee members to help out. This gives you an idea of what is involved and will help the com-

mittees provide more services to the membership. If you think you may be interested in a management position, the vice chair positions and alternate directors are a great way to see how the chapter, and in some cases the main club, operates. You can also attend the monthly Executive Committee meetings to see your chapter in action. These meetings are open to the public. Feel free to contact anyone on the Executive Committee to ask questions. As we move from winter to spring, please help fill our vacancies for the summer camps and get involved in the leadership of your chapter.



**"Please help fill our vacancies."**

## 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](mailto:chapterchair@adk-gfs.org)

**First Vice Chair** vacant

**Second Vice Chair** vacant

**Secretary John Caffry**  
Phone: 798-0624 [secretary@adk-gfs.org](mailto:secretary@adk-gfs.org)

**Treasurer John Schneider**  
Phone: 584-8527 [treasurer@adk-gfs.org](mailto:treasurer@adk-gfs.org)

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

**Past Chapter Chair Maureen Coutant**  
Phone: 745-7834 [pastchair@adk-gfs.org](mailto:pastchair@adk-gfs.org)

### Committee Chairs:

**Annual Dinner** vacant

**Conservation Jacki Bave**  
Phone: 587-3754 [conservation@adk-gfs.org](mailto:conservation@adk-gfs.org)

**Education Linda Ranado**  
[education@adk-gfs.org](mailto:education@adk-gfs.org)

**Hospitality Gretchen Steen**  
Phone: 638-6139 [hospitality@adk-gfs.org](mailto:hospitality@adk-gfs.org)

**Membership Pat Desbiens**  
Phone: 899-9688 [membership@adk-gfs.org](mailto:membership@adk-gfs.org)

**Newsletter/Editor Jill Gruben**  
[newsletter@adk-gfs.org](mailto:newsletter@adk-gfs.org)

**Outings Alison Darbee  
and Madeline Kowalik-Bova**  
[outings@adk-gfs.org](mailto:outings@adk-gfs.org)

**Programs Sarah King**  
Phone: 798-0615 [programs@adk-gfs.org](mailto:programs@adk-gfs.org)

**Publicity Jen Shepherd**  
[publicity@adk-gfs.org](mailto:publicity@adk-gfs.org)

**Trails Tom Ellis**  
Phone: 638-6139 [trails@adk-gfs.org](mailto:trails@adk-gfs.org)

**Web site George Sammons**  
Phone: 743-9692 [webmaster@adk-gfs.org](mailto:webmaster@adk-gfs.org)

**Wilderness Jim Schneider**  
Phone: 581-9367 [wilderness@adk-gfs.org](mailto:wilderness@adk-gfs.org)

**Young Members Group Jonathan Lane**  
Phone: 744-4594 [ymsg@adk-gfs.org](mailto:ymsg@adk-gfs.org)

# Spring mud season alert: Stay below 3,000 feet

During spring mud season, trails are particularly vulnerable to erosion. The spring thaw creates mud that penetrates much deeper into the soil than the surface mud created by summer rains, and trails are thus more easily damaged by hikers' boots. Alpine vegetation, which is fragile and endangered to begin with, is also particularly vulnerable at this time. It is therefore best to stay off higher elevation trails during early spring.

The New York State Department of Environmental Conservation institutes a voluntary trail closure in the Eastern High Peaks during this time of year

that asks hikers to refrain from traveling above 3,000 feet. This protects alpine vegetation and prevents trail erosion. More information on trail conditions in the Adirondacks can be found on the DEC Web site or by contacting the DEC Forest Rangers at 518-897-1200.

Closure typically runs from May through early to mid-June. If you are planning a trip to the High Peaks during this period, please call the ADK High Peaks Information Center at 518-523-3441 or the DEC to learn about trail conditions and whether the voluntary closure is in effect.

## Trails to Avoid:

### High Peaks Wilderness Area

All trails above 3,000 feet – wet, muddy, snow conditions prevail, specifically at:

- Algonquin
- Colden
- Feldspar
- Gothics
- Indian Pass
- Lake Arnold Cross-Over
- Marcy
- Marcy Dam
- Lake Colden
- Phelps Trail above Johns Brook Lodge
- Range Trail
- Skylight
- Wright and all trail-less peaks

### Dix Mountain Wilderness Area

- All trails above Elk Lake and Round Pond

### Giant Mountain Wilderness Area

- All trails above Giant's Washbowl, "the Cobbles," and Owls Head

## Alternative trails:

Weather permitting, alternative trails for hiking:

### Debar Mt. Wild Forest

- Azure Mountain
- Giant Mountain Wilderness
- Giant's Washbowl
- Roaring Brook Falls

### High Peaks Wilderness

- Ampersand Mountain
- Cascade
- Big Slide
- Brothers
- Porter from Cascade (avoid all other approaches)

### Hurricane Primitive Area

- The Crows
- Hurricane Mountain from Route 9N

### McKenzie Mt. Wilderness

- Haystack Mountain
- McKenzie Mountain

### Pharoah Lake Wilderness Area

- Pharoah Mountain

### Saranac Lake Wild Forest

- Baker Mountain
- Panther Mountain
- Scarface Mountain

## G/F SARATOGA CHAPTER NEW MEMBERS - NOVEMBER, 2012

Michael, Sam, Maddie & Grace Billok, Saratoga Springs  
 Sean Ryan Cartwright, Schuylerville  
 Christopher Chimento, Coxsackie  
 Annmarie Cipollo, Saratoga Springs  
 Barbara & Dekkers Davidson, Concord, Massachusetts  
 Kevin Dietz, Saratoga Springs  
 Amy Fazioli, Lake Luzerne  
 Mary Gelder, Saratoga Springs  
 Nancy Kass, Saratoga Springs  
 Herbert Loeffler, Jr., Saratoga Springs  
 Dragos Minciunescu, Lake George  
 David Morris, Aesch, BL  
 Joanne, David & Samuel Morrison, Worthington, Massachusetts  
 David Morton, Burnt Hills  
 Joe Ponessa, Saratoga Springs  
 Cory Zawilinski, Amsterdam

## REJOINED MEMBERS

Robert & Lise Fuller, Queensbury  
 Frank Lyons, Lake George  
 Dennis & Peggy VerDow, Chestertown

## NEW MEMBERS - DECEMBER, 2012

Alex Belensz, Ballston Lake  
 Paul Bodor, Cleverdale  
 James, Jennifer, Alex & Jonathan Crean, Williamsville, New York  
 Jodi, Bill & Teagan Finnegan, Queensbury  
 Steven Frey, Saratoga Springs  
 Craig Gronlund, Saratoga Springs  
 Chris Grubb, Ballston Spa  
 Harvey & Blythe Hveem, Glens Falls  
 Norman Kipp, Old Forge  
 Miles Kraemer, Clifton Park  
 David LaPointe, Queensbury  
 James Maple, Eagle Bridge  
 Susan J. O'Hanlon, Lake George  
 Erin Perkins, Glens Falls  
 Ryan Romano, Queensbury  
 Michael Ross, Lake George  
 Laurie Scheuing, Saratoga Springs  
 Marcia Skiff, Lexington, Massachusetts  
 James Smith, Galway  
 Robert & Judy Stein, Chestertown  
 Benjamin Wetherby, Diamond Point

## REJOINED MEMBERS

Peter, Elise, Brian & Rebecca Abreu, Malta  
 Gary & Joy McCoola, Glens Falls  
 Sydney McLean, Greenwich  
 Rosamund Butler, Queensbury

## We're looking for help!

We need a First Vice Chair, Second Vice Chair, Annual Dinner Chair and an Outings Chair! Contact Laura Fiske for more info at 518-884-0345 or [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)

## Glens Falls – Saratoga Chapter Donations for 2013

Each year the Glens Falls-Saratoga Chapter makes donations to organizations that our members benefit from. These organizations are working to protect open space, maintaining trails and preserves used by our members, caring for towers and summits which are part of the chapter's Fire Tower Challenge, or providing opportunities for children to experience camping so they will learn to value the Adirondacks. Our donations for 2013 include the following groups:

Adirondack Nature Conservancy/Adirondack Land Trust  
Battenkill Conservancy  
Feeder Canal Alliance  
Friends of Kayaderosseras  
Friends of Poke-O-Moonshine  
Friends of Spruce Mountain Fire Tower  
Hadley Mountain Fire Tower  
Lake George Land Conservancy  
North Country Trail Association  
Protect the Adirondacks  
Queensbury Land Conservancy  
Refugees to Camp  
Saratoga PLAN  
Vanderwhacker Fire Tower  
Wilton Wildlife Preserve and Park

## Refugees to Camp - A Summer Camp Program for Inner City Refugee Children

Chapter member Neal Andrews wants to send over a 100 children to sleep-away camps in the Adirondacks through Refugees to Camp. Last year, this program secured spots for 67 children for at least a two-week sleep-away camp experience. This program has grown exponentially over its five years. In the first year, only three children were able to attend camp.

As the summer season approaches, Neal contacts the camps for possible scholarships for these newly arrived children from around the world, including Nepal, Bhutan, Thailand, Burma, Sudan and Somalia. While the camp fees are scholarships, the cost to attend camp runs into the thousands of dollars a season. Each child must have towels, bathing suits, sunscreen, many socks and bug spray. These costs cannot be met by many of the families due to low income and multiple children attending camp.

RTC is looking for monetary donations and socks (size 3-9). While at camp, children learn to swim, canoe, hike, camp, sports and skills not taught in school. RTC is run by volunteers.

Information about the program can be found by googling "local man brings summer camp," "Neal Andrews, Capital Profile," "A refuge in the Adirondacks" as well as on Refugees.org. Neal can be contacted at [Refugeestocamp@gmail.com](mailto:Refugeestocamp@gmail.com) or 899-5500 or 52 Maltaville Rd. Mechanicville, NY 12118.

Education  
Corner

By Linda Rinado,  
Education Chair

I'm pleased to announce that we will be sponsoring Aaron Keegan of Scotia to participate in the Teen Trails program.

Aaron, an aspiring 46er, says his experience in hiking some of the High Peaks has shown him "what it's like to hike on a trail that has excessive blow down" and he looks forward to being involved in the maintenance activities the Teen Trails program offers. We also will be sponsoring Samantha Kerr of Schenectady, an avid outdoors person, who will be attending DEC's Pack Forest program. As of this writing, we have a few more possible candidates "in the works" so, hopefully, will have a full slate to send by the time you read this.

## Executive Committee Meeting

### *Minutes from December 5, 2012*

**Treasurer John Schneider** presented the November Treasurer's Report. The Club has paid the Chapter its dues share for August and September. The Chapter purchased 200 new Firetower Challenge patches for \$290.50. The asset balance is \$9,850. John will send the Club the Chapter's \$5,000 donation for 2012. The 2013 budget will be presented for consideration at the next meeting.

**Laura Fiske** reported on the recent **Club Board of Directors** meeting. The Board adopted a 2013 budget with a goal of a \$100,000 surplus. The Club will hire additional membership and development staff. The Board was instructed on how the chapters must use the proper state forms to be sure that they get insurance coverage for work done on state land, such as trail work or the Chapter's Adopt-a-Wildland work.

**Jacki Bave, Conservation Chair**, reported on the Lake George Trails Master Plan.

# Jim Coutant Presents: Yellowstone and the Grand Tetons

Motivated by expiring air miles, inspired by Ken Burn's National Parks documentary and other ADK members national parks trips, ADK members Mo, Jim & Gen Coutant visited our country's first National Park –Yellowstone and also the Grand Tetons in August 2012.

If you've been there, come join us to relive the experience. If not, just come and enjoy our photos set to music. Yellowstone is so diverse that even if you've been there you might not have seen all its marvels. We didn't either! Old Faithful is usually the first thing that comes to mind when Yellowstone is mentioned. That's certainly very impressive, but

that's just one of many wonders. You'll see the Grand Canyon of Yellowstone with its amazing waterfalls and steep gorge walls, bubbling mud pots, and hot springs with thermophilic bacteria and algae mats of varying colors, just to name a few. We kept imagining what it would have been like to discover this area as an explorer; no one believed them when they first sent back stories!

Of course, the other thing you think about when you hear Yellowstone is animal sightings. That was definitely one of the best parts of the trip.

Yellowstone is on top of a huge super volcano, which is responsible for most of its amazing geothermal wonders and natural beauty. This area is very unique not only in the States, but also throughout the world. It contains half of the earth's geothermal features ... some 10,000 of them, including more than 300 geysers! It's no wonder it was the first area to be protected as a National Park in 1872.

If you've ever seen one of those shows about top 10 ways mankind will get wiped out, Yellowstone exploding again is on the list (it's exploded 3 times in the last 2.1 million years). But we're not losing any sleep about it and we hope you don't either. But, just in case, plan your trip now! You never know!



## Program

Jim Coutant Presents:  
Yellowstone and the  
Grand Tetons

What: Slide Show

When: 7pm March 21  
Thursday

Where: Saratoga Library

## Chapter rents snowshoes

Snowshoes are at ADK Member Services in Lake George. Call 518-668-4447 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

The chapter is seeking Outings Leaders and Chairs! We are thankful to **Alison Darbee and Madeline Kowalik-Bova** for their abounding energy and efforts spearheading the Chapter's Outings! If you want to guide your Chapter's wondrous adventures, kindly contact Laura Fiske at 518-884-0345 or [chapter-chair@adk-gfs.org](mailto:chapter-chair@adk-gfs.org)

## 2012 Chapter Finances By John Schneider, Chapter Treasurer

Last year, the Glens Falls-Saratoga Chapter's total income was \$23,184, an increase of \$1,051 (5%) from \$22,133 income in 2011. Our total chapter membership continues to decline, dropping by 115 (5%) from 2,372 in November 2011 to 2,257 in November 2012. We spent \$21,237, a decrease of \$580 (3%) from \$21,817 in 2011. We ended the year with a surplus of \$1,947 and total assets of \$8,320. This compares with a surplus of \$316 and total assets of \$6,373 at the end of 2011.

Revenues included \$19,919 in dues money, (the Main Club provides the Chapter 30 percent of all basic ADK membership dues paid by Chapter members), \$2,250 for the Chapter Banquet, \$27 in interest, and \$989 in other revenues.

The greatest Chapter expenditure was \$8,265 (39%) for *Chepontuc Footnotes*, our bimonthly newsletter. Our expenses for the newsletter dropped

for 2012 as we are now composing it "in-house" and no longer paying an outside professional. Other large expenses included \$5,200 (24%) in donations to support the activities of the Main Club. The Chapter spent \$3,115 (15%) on our Chapter Banquet and \$2,050 (10%) to support area youngsters going to DEC Camps and ADK Youth Trail Work Programs. We contributed \$1,300 (6%) to other like-minded outdoor organizations. Additional expenses of \$1,307 (6%) supported activities of our Chapter Committees -- Conservation, Education, Fire Tower Challenge, Hospitality, Membership, Outings, Programs, Publicity, Trails, Website, Wilderness, Younger Members, and the administrative functions of the Chapter.

Chapter members may direct questions to John Schneider, Chapter Treasurer.

### Send in photos for 'slide social' Program on May 16 at Crandall Library

If you've captured a great shot while out walking or hiking, we'd love to see it! Send your photos, name and photo location, to Steve Mackey, who will create a montage for our 'slide social' dessert potluck program on Thursday, May 16 at 7pm at Crandall Library. Just e-mail some of your favorite photos from ADK outings, your own outdoor adventures during the year, or flora/fauna shots to Steve at [smackey33@verizon.net](mailto:smackey33@verizon.net). Please limit your submissions to 5 to 10 photos. We hope to see you there to tell us about your adventures!

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

Hopefully the fairly mild winter enabled some folks to get out and tackle some towers toward achieving the 'winter rocker' to place under their FTC patch. The trails may be fairly bare of snow, but I'm sure they're icy. A crampon, Kahtoola Micro Spike or YakTrax is great assistance. Good luck on the trail! Congratulations to the following hikers whom recently earned their patches:

Maureen and Jim Duffy, Jennifer Draper, Pamela Ryan, George Tongue, Christopher Lehfeldt, Jim and Kate Cronn, Jim Ormsbee, Jack and Lenore Reber, Bonnie Whitman, Chris Pearson, Bonnie Anderson and Jeanne and Brian Nichols.

### Pharaoh Lake Wilderness Area News:

Have you hiked in the Pharaoh Wilderness Area? If you haven't what you will find are beautiful lakes and ponds, quiet solitude, great backpacking, easy walking, and delightful swimming. And when you come back, let us know what you found. We are particularly interested in flowers, animals, trail and lean-to conditions, and just about anything notable either good or bad. Your Glens Falls-Saratoga ADK Chapter has adopted the entire Pharaoh Lake Wilderness Area.

Use this simple form as a guide to report back to us:

Unusual animals: \_\_\_\_\_

Unusual plants: \_\_\_\_\_

Trail conditions (blow-down, beaver activity, signs missing or incorrect, etc.): \_\_\_\_\_

Lean-to conditions: \_\_\_\_\_

Other: \_\_\_\_\_

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

# Outings and Programs Schedule

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

Date	Day	Type	Destination	Leader(s)	Rating
<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	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
6	Wed	Meeting	Executive Committee Meeting - Glens Falls	Laura Fiske	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	Hike/Snowshoe	Woods Hollow Nature Preserve, Milton	Jill Gruben	C
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	YMG - Mt. Marcy	Jen Shepherd	A+
16	Sat	Hike/Snowshoe	Cascade Porter	Bill Morse	B+
16	Sat	Walk/Ski/Snowshoe	Seward Range	Steve Mackey	A++
17	Sun	Hike/Snowshoe	YMG - Slide Mt. - Catskill High Peak	Jonathan Lane, Rachel Luch	B+
19	Tue	Snowshoe	Tuesday Trek	Maureen Coutant	NR
21	Thu	Program	Program: Jim Coutant Presents: Yellowstone and the Grand Tetons	Sarah King	NR
24	Sun	Bushwack	Hoffman Mountain	Jayne Boudier	A
26	Tue	Ski	Tuesday Trek	Maureen Coutant	NR
<b>April</b>					
3	Wed	Meeting	Executive Committee Meeting - Saratoga	Laura Fiske	NR
6	Sat	Hike	YMG - Red Hill Fire Tower	Jen Shepherd	C
7	Sun	Walk/Hike	Wilton Wildlife Preserve-Ruggles Rd	Jill Gruben	C
8	Mon	Geocache	Monday Geocache	Sarah King, Maureen Coutant	NR
9	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
13	Sat	Bushwack	Vista Trail toward Erebus	Jayne Boudier	A-
14	Sun	Hike/Snowshoe	Berry Pond Loop	Jean Holcomb	B
16	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
20	Sat	Hike	Severance Hill And Arnold Pond Hike	Rich Crammond	C+
21	Sun	Hike	Spectacle Pond	Lorraine MacKenzie	C
23	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
27	Sat	Hike	Pharaoh Mt. via Crane Pond	Bill Morse	C+
27	Sat	Trail work	Tongue Mountain Trail Work	Tom Ellis	B
29	Mon	Program	Galapagos- Enchanted Isles	Sarah King	NR
30	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
<b>May</b>					
1	Wed	Meeting	Executive Committee Meeting - Glens Falls	Laura Fiske	NR
4	Sat	Hike	YMG - Castle Rock & Chimney Mt.	Jonathan Lane, Rachel Luch	B
4	Sat	Hike	Hurricane Mt. from Keene	Bill Morse	C+
4	Sat	Paddle/Camp/Hike	West Mountain, South Bay Diameter	Jayne Boudier	A
4	Sat	Walk	Spring Bird Walk – Wilton Wildlife Preserve & Park	Rich Speidel	C-
6	Mon	Geocache	Monday Geocache	Sarah King, Mo Coutant	NR
7	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
11	Sat	Bike	Bike ride up Prospect Mt.	Steve Mackey	B
11	Sat	Hike	YMG - Stratton Mountain Fire Tower	Jen Shepherd	B+
11	Sat	Hike	Bullhead Mt. Crash Site, Bushwhack/Trail Hike	Rich Crammond	B+
11	Sat	Hike	Pilot Knob Preserve and Waterfall	Lorraine MacKenzie	C
11	Sat	Walk	Spring Bird Walk – Pack Forest, Warrensburg	Rich Speidel	C-
14	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
16	Thu	Program	Slide Social with Steve Mackey	Sarah King	NR
18	Sat	Bushwack	Blue Ridge East via Stephens Pond	Mike McLean	A
18	Sat	Hike	Panther Gorge Lean-To Check	Mike Fuller	A
18	Sat	Hike	Moreau Lake state park	Reg Prouty	B
21	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
25	Sat	Walk/Hike	Spring Bird Walk & Climb – Pack Forest, Warrensburg	Rich Speidel	C
28	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR

## Outings Detail

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

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

Leader: Ron Lester - 518-899-4187, [muleskinner46er@hotmail.com](mailto:muleskinner46er@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 10 mile round trip, cross country ski trip into Camp Santanoni. It is pretty level and suitable for beginner - intermediate skiers. 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** - [ Bushwalk ]

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 Rd 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** - [ Walk/Hike ]

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

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

- For March we may still be walking on snow, but then again you never know! Then in April and May we'll be looking for wildflowers! We may even go out for a paddle, so call or email the Sunday before to find out what adventure I have in mind! I try to mix up the trips geographically between the Saratoga and Glens Falls/Lake George areas.

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

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

Leader: Laura Fiske - Phone: 884-0345 [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)

- 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 microspikes. 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 pre-

ferred, no phone calls after 8pm please. Bad weather will cancel.

### **WOODS HOLLOW NATURE PRESERVE, MILTON** - [ Hike/Snowshoe ]

Sun, Mar 10, 2013, 9:00 am, Rating: C

Leader: Jill Gruben - [newsletter@adk-gfs.org](mailto:newsletter@adk-gfs.org)

- Join us on a family friendly walk through a beautiful wooded area in northern Ballston Spa. We'll walk as far as the littlest legs desire (probably a mile or two). Please dress in warm layers, bring plenty of water and a snack.

### **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 bushwork. 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 [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 TREK** - [ Ski ]

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

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

- See March 5th

### **YMG - MT. MARCY** - [ Hike/Snowshoe ]

Sat, Mar 16, 2013, 5:30 am, Rating: A+

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

- I was lucky enough to experience this hike last March on a gorgeous 70 degree day. While I'm not expecting to get so lucky again this year with the temperature, I think it will be a great day in the High Peaks. Marcy is an amazing hike with excellent views. Hike is about 15 miles round trip with 3,300ft of elevation gain. Full winter gear is required. Group will meet at Panera Bread at 5:30am and carpool to the ADK Loj. Feel free to bring your St. Patty's day spirit!! Contact hike leader for more details/questions or to sign up. Email is faster and preferred, no phone calls after 8pm please. Bad weather will cancel.

### **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).

## Outings Detail

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

Sun, Mar 17, 2013, 6:30 am, Rating: B+  
Leader: Jonathan Lane - 744-4594, [saratogahiker@infogorp.com](mailto:saratogahiker@infogorp.com)  
Colead: Rachel Luch  
- Let's go explore the highest peak in the Catskills and perhaps cross paths of some visiting leprechauns! Wear lots of green and keep a sharp eye out for rainbows. Approximately 5.5 miles round-trip at a moderate pace. We will meet at the Exit 12 (Northway) Park-n-Ride. Please sign up by the eve of Friday the 15th.

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

Tue, Mar 19, 2013, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- see March 5th

### **PROGRAM: JIM COUTANT PRESENTS: YELLOWSTONE AND THE GRAND TETONS**

Thu, Mar 21, 2013, 7:00 pm, Rating: NR  
Leader: Sarah King - 798-0615, [programs@adk-gfs.org](mailto:programs@adk-gfs.org)  
- See Page 5.

### **HOFFMAN MOUNTAIN** - [ Bushwack ]

Sun, Mar 24, 2013, 5:00 am, Rating: A  
Leader: Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- From Big Pond, we'll head north up a nice hardwooded ridge (with views east) to Hoffman's thick, sprucey, viewless summit. But, a few minutes farther is an excellent peek at Elk Lake and the High Peaks. The hikes is 11 miles (8 trail-less), with 2,500 ft. ascent, at a moderate, 'take all day' pace.

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

Tue, Mar 26, 2013, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 5th

### **EXECUTIVE COMMITTEE MEETING - SARATOGA**

Wed, Apr 3, 2013, 7:00 pm, Rating: NR  
Leader: Laura Fiske - Phone: 884-0345 [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)  
- At the Wesley Health Care Center

### **YMG - RED HILL FIRE TOWER** - [ Hike ]

Sat, Apr 6, 2013, 7:00 am, Rating: C  
Leader: Jen Shepherd - 518-312-0133, [jshepherd501@gmail.com](mailto:jshepherd501@gmail.com)  
- Since April is considered mud season in the High Peaks, how about a nice leisurely stroll to the Red Hill fire tower down in the Catskills? Hike is 2.8 miles round-trip with 890ft of elevation gain. If the weather is nice and Spring-like, we'll hang around the summit and enjoy a picnic style lunch. Bring your own lunch and a little something extra to share with the group. Hike leader will have a treat or two in store. Group will meet at the exit 12 park n ride and carpool from there. A secondary meet location further south may be added. Contact hike leader for more info or to sign up. Email is faster and preferred, no phone calls after 8pm. When signing up, be sure to include your full name and a telephone number. Bad weather will cancel. This may be a YMG outing but all ages are welcome! The more the merrier!

### **WILTON WILDLIFE PRESERVE-RUGGLES RD** - [ Walk/Hike ]

Sun, Apr 7, 2013, 9:00 am, Rating: C  
Leader: Jill Gruben - [newsletter@adk-gfs.org](mailto:newsletter@adk-gfs.org)  
- We'll walk about 1.8 miles on a family friendly outing through a secluded and wooded area of the preserve off Ruggles Road in Saratoga. Dress in layers, bring water and snacks.

### **MONDAY GEOCACHE**

Mon, Apr 8, 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 March 11th

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

Tue, Apr 9, 2013, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 5th

### **VISTA TRAIL TOWARD EREBUS**

Sat, Apr 13, 2013, 8:00 am, Rating: A-  
Leader: Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- Starting at Shelving Rock trailhead, we'll work our way up the ridge to just below Erebus. Expect some poorly marked trails and some bush-wacking. There are nice views along the way. A short, steep bushwack up to the summit of Erebus is also a possibility and is the difference between a 6-8 mile, 1,700-2,200 ft. ascent trip. Expect to be out all day, at a moderate to relaxed pace.

### **BERRY POND LOOP** - [ Hike/Snowshoe ]

Sun, Apr 14, 2013, 8:00 am, Rating: B  
Leader: Jean Holcomb - 583-0658, [jholcomb5@nycap.rr.com](mailto:jholcomb5@nycap.rr.com)  
- Assuming the snow mobiles are no longer in action this would be a good time to check out Berry Pond and see if the Blue Herons are nesting. I plan to do both loops with a total distance of 6-8 mi and maybe a thousand or less elevation. Meet at Panera Bread exit 18 GF.

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

Tue, Apr 16, 2013, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 5th

### **SEVERANCE HILL AND ARNOLD POND HIKE**

Sat, Apr 20, 2013, 9:00 am, Rating: C+  
Leader: Rich Crammond - 584-2380  
- We will meet at 9am at the Severance Hill Trailhead parking area on Route 9, Schroon Lake. Let's hike up this little hill for some great views of the Schroon Lake area. The trail is just over one mile to the 1,693ft. summit at 1.5 miles north of Schroon Lake Village. Call leader to sign up and see you there! Note: We may need snowshoes and micro-spikes so bring them along with you. Arnold Pond will be an extra short hike if anyone wants to drive seven more miles to the trailhead.

### **SPECTACLE POND** - [ Hike ]

Sun, Apr 21, 2013, 8:30 am, Rating: C  
Leader: Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)  
- We will be hiking alongside Spectacle Brook to get to Spectacle Pond. To the southwest we will see Spectacle Pond Hill but the real spectacle is an unusual view of Pharaoh Mountain. The round trip distance is 3.4 miles with minimal elevation gain making it a relaxing day in the woods. Rain cancels.

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

Tue, Apr 23, 2013, 9:00 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 5th

### **PHARAOH MT. VIA CRANE POND** - [ Hike ]

Sat, Apr 27, 2013, 8:00 am, Rating: C+  
Leader: Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- We will meet at the Crane Pond Road parking area at 8am, then drive in to Crane Pond. The hike will be 6+ miles round trip with 1,470 feet of elevation gain. Mountain top offers excellent views of the Pharaoh wilderness area and views of the high peaks to the north. It should only be a hike but be prepared if there has been recent snow.

### **TONGUE MOUNTAIN TRAIL WORK**

Sat, Apr 27, 2013, 9:00 am, Rating: B  
Leader: Tom Ellis - 638-8395, [hola@hughes.net](mailto:hola@hughes.net)  
- Starting at the northern end of the trail, we will clear blow down and side cut to Deer Leap then continue down the ridge to the Cull. Then we will return to the Clay Meadow trail head. Leader has all the necessary tools.

### **GALAPAGOS- ENCHANTED ISLES** - [ Program ]

Mon, Apr 29, 2013, 7:00 pm, Rating: NR  
Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- See Front Page

## Outings Detail

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

Tue, Apr 30, 2013, 9:00 am, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- see March 5th

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

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

Leader: Laura Fiske - Phone: 884-0345 [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)  
- Meeting at Carl Rs in Glens Falls

### **YMG - CASTLE ROCK & CHIMNEY MT.** - [ Hike ]

Sat, May 4, 2013, 7:00 am, Rating: B

Leader: Jonathan Lane - 744-4594, [saratogahiker@infoqorp.com](mailto:saratogahiker@infoqorp.com)  
Colead: Rachel Luch

- Castle Rock offers amazing views of Blue Mt. Lake and is approximately four miles round-trip. Chimney Mountain is about 2 miles round-trip and has, along with great views of the surrounding region, some interesting geological features worth exploring.

### **HURRICANE MT. FROM KEENE** - [ Hike ]

Sat, May 4, 2013, 8:00 am, Rating: C+

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

- We will meet at 8am at Exit 29, the old Frontier Town parking area. From there we go to Keene and begin our hike from Crow clearing. The hike is three miles to the top with an elevation gain of 1,600 feet. The top features excellent views along with a fire tower. This is the easiest approach to Hurricane. Bring a camera.

### **WEST MOUNTAIN, SOUTH BAY DIAMETER** - [ Paddle/Camp/Hike ]

Sat, May 4, 2013, 7:00 am, Rating: A

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

- This West Mountain lives on the South Shore of South Bay, near Whitehall. We'll paddle and camp on South Bay, and explore trail blazed Conservancy Land, at least from Devil's Den to North Saddle. There's lots of interesting terrain, a nice waterfall, and overlooks with views of the Diame-ter Cliff across South Bay. We'll be paddling past there if the water is high enough. Expect about nine miles of paddling, and four-to-seven miles of hiking, with maybe 1300 ft. of ascent. And I have a 16 ft canoe to lend, or share.

### **SPRING BIRD WALK – WILTON WILDLIFE PRESERVE & PARK**

Sat, May 4, 2013, time TBD, Rating: C-

Leader: Rich Speidel - 623-2587

- May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we will stop often and keep track of the species identified. Please bring binoculars. Group size is limited, so please call ahead to register. The rain date is Sunday, May 5.

### **MONDAY GEOCACHE**

Mon, May 6, 2013, 9:00 am, Rating: NR

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

Colead: Mo Coutant - 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See March 11th

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

Tue, May 7, 2013, 9:00 am, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See March 5th

### **BIKE RIDE UP PROSPECT MTN**

Sat, May 11, 2013, 9:00 am, Rating: B

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

- We will meet at the beginning of the bike trail on Country Club Road (near Sprinkles Ice Cream) ride the bike trail to Lake George, ride up Prospect, and then ride back. We'll get a snack at the Stewart's Shop in Lake George. Round trip distance is around 20 miles. You will probably want a jacket for the top and the ride down.

### **YMG - STRATTON MOUNTAIN FIRE TOWER** - [ Hike ]

Sat, May 11, 2013, 6:00 am, Rating: B+

Leader: Jen Shepherd - 518-312-0133, [jshpherd501@gmail.com](mailto:jshpherd501@gmail.com)

- With mud season under way in the High Peaks region, I'm looking for a change of scenery ... and some new fire towers! Let's take a nice spring

scenic drive into Vermont and hike the Stratton fire tower. This hike is about eight miles round-trip with 1,910ft of elevation gain. If we've had a rainy early spring, come prepared for lots of mud and possible streams in the trail. Group will meet in the Dick's Sporting Goods parking lot at the Wilton Mall at 6am. Since we're headed to the Green Mountains, let's be creative and wear something Vermont themed! That's totally optional of course. Depending on how we're doing for time after the hike and how the group feels, we may stop off for food on the way home. Not to worry, we'll all be home in time for Mother's Day on Sunday. Contact hike leader to sign up. Email is fastest, please include your full name, a phone number, and a brief hiking background. No phone calls after 8pm. Rain may cancel.

### **BULLHEAD MT. CRASH SITE, BUSHWHACK/TRAIL HIKE**

Sat, May 11, 2013, 8:30 am, Rating: B+

Leader: Rich Crammond - 584-2380

- This hike is to an old airplane crash site well below the summit. Elevation change will be around 600ft. and about eight miles of hiking round trip from the Siamese Ponds Wilderness Trailhead. Meeting place will be at the Grand Union in North Creek Village on Main Street. Call leader to sign up. See you there!

### **PILOT KNOB PRESERVE AND WATERFALL** - [ Hike ]

Sat, May 11, 2013, 8:30 am, Rating: C

Leader: Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)

- This three mile hike consists of a scenic view of Lake George plus a waterfall - a short distance to enjoy two beautiful sites! The first 3/4 mile is quite steep but the gazebo at the top provides for a nice place to catch your breath. Pace will be moderate. Rain cancels.

### **SPRING BIRD WALK – PACK FOREST, WARRENSBURG**

Sat, May 11, 2013, time TBD, Rating: C-

Leader: Rich Speidel - 623-2587

- A leisurely morning walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will check for birds around Pack Forest Lake and the Grandmother's Tree, a towering 175 foot white pine some 320 years old. Please bring binoculars. The rain date is Sunday, May 12.

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

Tue, May 14, 2013, 9:00 am, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See March 5th

### **SLIDE SOCIAL WITH STEVE MACKEY** - [ Program ]

Thu, May 16, 2013, 7:00 pm, Rating: NR

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

See Page 6

### **BLUE RIDGE EAST VIA STEPHENS POND** - [ Bushwhack ]

Sat, May 18, 2013, 7:00 am, Rating: A

Leader: Mike McLean - 315-262-2564, [mmpclean@twcny.rr.com](mailto:mmpclean@twcny.rr.com)

- One of the ADK Hundred Highest. We will head in on the NP Trail from Lake Durant to arrive at Stephens Pond. From there we will bushwhack approximately 2 miles to the wooded summit of Blue Ridge east. Was relatively open woods my prior two trips, but do come prepared for tough/thick bushwhacking. 12 miles round trip.

### **PANTHER GORGE LEAN-TO CHECK** - [ Hike ]

Sat, May 18, 2013, 5:30 am, Rating: A

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

- Twice a year I hike to Panther Gorge for lean-to check and clean up. It's about 18miles & 2300 ft of vertical, about 8 hours hiking time not counting breaks & clean-up. I've thought the most beautiful part of hike is Marcy Swamp old split log hardning. We'll hike in from Elk Lake. Meet at Panera Bread Queensbury and leave at 5:45; Elk Lake has a small parking lot so we'll car pool.

### **MOREAU LAKE STATE PARK** - [ Hike ]

Sat, May 18, 2013, 8:00 am, Rating: B

Leader: Reg Prouty - 518-747-9736

- A traverse of the Western Ridge Trail from East to West will be an all day hike of about five-to-six miles with some rolling terrain and climbing, without being too steep. We will spot cars at the Spring and start near the old

## Outings Detail and Trip Reviews

hotel foundation. With mud and bug season in full swing in the Adirondacks, this will be a good warm-up for longer and harder hikes later in the Spring and summer.

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

Tue, May 21, 2013, 9:00 am, Rating: NR

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

- See March 5th

### **SPRING BIRD WALK & CLIMB – PACK FOREST, WARRENSBURG**

Sat, May 25, 2013, time TBD, Rating: C

Leader: Rich Speidel - 623-2587

- A morning to afternoon bird walk along Pack Forest Lake, and a gradual 400 foot climb to a scenic overlook atop Ben Wood Mountain. We will cover a round trip distance of about five miles at an easy pace, and record the species identified. Please bring binoculars. The rain date is Sunday, May 26.

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

Tue, May 28, 2013, 9:00 am, Rating: NR

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

- See March 5th

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### **Monthly Monday Geocache trip Mon, Dec 3, 2012,**

#### **Sarah King and Maureen Coutant**

- We decided to do a shorter hike and fewer caches today, as both Sarah and Mo had after school child activities to attend. We decided on Ben Wood Mountain in Warrensburg, which is accessed off old Route 9 in Pack Forest. We entered from the northern end of old route 9, as the road is better on that end. It was a nice day with no snow or ice and nice wide trails to the top. We looked for three caches, one at the trailhead, one aptly named, Turn Here, and one at the summit. It was difficult to get a satellite signal at the trailhead. As four of the five gps's waited for one, Sarah got a fix and led the way to the first cache. It was better as we ventured up the mountain. We had a new cacher, "adkburt," with us, and we used the short hike and three caches to show him the ropes. One of the benefits of our Monday hikes are homemade treats! Thanks Licia for the nice snack at the summit. A nice hike, easy finds and good company. 5 Participants: Sarah King, Mo Coutant, Licia Mackey, Steve Grey and Bill Schwartz.

### **Northwest Bay Uplands Sun, Dec 9, 2012, Jayne Boudier**

- We detoured to visit Flat Rock Swamp, bright in the morning sun, on our way up. The views above were nice, and the audience appreciative. Finding markers kept us alert. This place has been open for years, but the route is still lightly tramped (and marked, in some places). That's how we got to pace out a large, freshly flooded and chewed beaver area on the way back. This is a great local day hike! 3 Participants: Jayne Boudier, Marcia Hansen, and Paul Dean.

### **Tuesday Treks Tue, Dec 11, 2012, Maureen Coutant**

- This week we walked along the Bog Meadow trail in Saratoga, not far from the Mall. We had a nice day for a walk along the wetland area and we even saw a garter snake sunning itself on the trail. That was a first for most of us - seeing a snake out in December. Winter had not really hit us at this point. Afterwards some of the group hit the nearby stores for some shopping, but most of us headed home! 12 Participants: Mo Coutant, Ginger and Joe Kelterborn, Sarah King, Licia and Steve Mackey, Heather and Joy Munro, Andrew and Anne Paolano, Don Thorn, and Deb Wood.

### **Wilton Wildlife Park Hike/Snowshoe Sat, Dec 15, 2012,**

#### **Rich Crammond**

- What a great day to be on the trail. We just enjoyed the cold, but dry weather, in a real nice place. My thanks to Steve and Tom for sharing this day in the great out-doors. Highlights of this outing was seeing a sleeping porcupine. Or was he? It just doesn't get any better! 3 Participants: Steve Ropitzky, Tom McLenithan and Rich Crammond.

### **Buck Mountain from Inman Pond Sat, Jan 5, 2013, Jayne Boudier**

- This hike was switched to Old Far, because most of us had already snowshoed up Buck on Reg's New Year's Day hike. So we went to North

Hudson, where the sun was shining and the snow was deeper, and the views were crystal clear. And spent all day visiting three small, steep mountains in unbroken (except for deer) snow, at an exhausting to lei-surely pace. Nate, you did great! Thank you Scott for breaking trail uphill; we couldn't have done it without you. Jay, great hiking with you again, after all these years. And thank you to the snow, you made our day! 4 Participants: Jayne Boudier, Scott Cooper, Jay Fitzgerald, and Nate June.

### **Monthly Monday Geocache trip Mon, Jan 7, 2013,**

#### **Sarah King and Maureen Coutant**

- This week we did a "maintenance" geocache trip. We snowshoed along the Lake George elementary school trails to check on and repair caches in this area that were mostly placed there by Sarah. It's always good to go on these trails. We found out, however, that the school administrators really don't want the public on them during school hours. But we got an OK from the gym teacher who was just bringing a class in from the trails. So ... check out the trails on the weekends! 3 Participants: Mo Coutant, Sarah King, and Licia Mackey.

### **Tuesday Treks Tue, Jan 8, 2013, Maureen Coutant**

- Carpe Snow! This was one of the last chances to get out before the forecasted warm weather and rain of mid-January. Many others had been out over the weekend and the trails were hard packed and icy for the first mile at the Wilton Wildlife Preserve. But after that section the trails were in better shape and we were all glad to get out and enjoy the snow while we had it. We were hoping it wouldn't be our last chance of the season. Last year's lack of snow really gave us incentive to get out and enjoy it while it's here! 11 Participants: Stewart Brown, Mo Coutant, Mike George, Randy Glenn, Anne Hurley, Licia and Steve Mackey, Starr Morvay, Joy Munro, Kendra Pratt, and Greg Wait.

### **NewAlgonquin peak Sat, Jan 12, 2013, Mike Fuller**

- We had a mild day for January and a great group of new and seasoned hikers. After checking everyone's gear, we started in using just micro-spikes. The trail to the intersection still had rocks showing, about a half hour past that, it was snowshoes the rest of the day. Some time after that Jen said she was feeling under the weather. We all stopped, lightened up her pack and split up her gear. Rachel said she would take all her food. Nancy did a great job spearheading the hike and keeping the pace just right. Before heading out of the tree line, we put on extra layers. The summit was socked in with clouds but we still got some great pictures. About 15 minutes off the summit the sky opened up. Will couldn't believe the view on his first time climbing in the 'daks; he was hooked. Everyone's thoughts turned to Wright, but first we had that great butt slide. Bill was our feature camera man. Glen showed us a real professional ice axe ar-rest. After all the laughs, we got ourselves back on the trail and up to Wright. Denise, not yet a 46er, started her second round. That's the spirit! We hiked out in base layers, as it was quite warm for January. A wicked fun day with great people. Oh, everyone check your packs and look for Jen's banana. 8 participants: Glen Cari, Nancy Kass, Jen Shepherd, Will Groff, Bill Barton, Denise McQuade, Rachel Luch and Mike Fuller.

### **Fifth Peak Lean-to Sat, Jan 12, 2013, Bill Morse**

- Okay, I was wrong on the elevation gain. It was more like 1,400 feet. Not real steep. But uphill most of the way. The trip itself was very good. It was a little warm, making the snow heavy and wet, especially on the way out. Normally, Fifth Peak has a good view of Lake George, but it was too foggy. There were four of us plus one dog. Several people cancelled last minute, possibly due to the threat of rain. They missed a good weather day especially for January. 4 Participants: Jeremy Tensen, Barbara Tomko, David Cowie, Bill Morse, and Abbey the dog.

### **YMG - Balsam Mt. - Catskill High Peak Sun, Jan 13, 2013,**

#### **Jonathan Lane**

- After a yummy breakfast in the heart of the Catskills, we hit the trail. The weather was pleasant, offering us all a comfortable time on the trail. 6 Participants: Bill Barton, Erica Halbrook, Jonathan Lane, Rachel Luch, Majde Takieddin, and Dan Westerberg.

## Trip Reviews

### **Tuesday Treks Tue, Jan 15, 2013, Maureen Coutant**

- This week we were in between snow. What we had melted and new snow came the next day ... with hopefully more to follow. So we walked in Saratoga. We started at the Canfield Casino through Congress Park up Spring Street and along back streets to marvel at the architecture and paint jobs! We headed for the Spring Run Trail and were pleased to find it snow and ice free. We did that two mile RT walk and then headed to The Bread Basket near Congress Park for a fabulous lunch! Can't beat that! 12 Participants: Stewart Brown, Mo Coutant, Ginger and Joe Kelterborn, Sarah King, Eric Krantz, Starr Morvay, Mary Alice Nyhan, Bill Schwarz, Sandra Songayllo, Joanne Szot, and Don Washborn.

### **Winter Bird/Raptor Field Trip - Washington County Grasslands Sat, Jan 19, 2013,**

#### **Laurie LaFond and Rich Speidel**

- Fortunately the weather was favorable for this mid-January outing: dry, about 37 degrees, and just enough breeze to assist the hawks in flight, but not too chilly. A big winter raptor of the grasslands – the rough-legged hawk – put on a great show, as several perched, hovered, and landed at close range. The more slender northern harrier was also in fine view from the roadside, with two males on the hunt skimming the field. Red-tailed hawks were also observed as we circled the grasslands. Near dusk, with a brilliant red sunset in the western sky, we checked an area known for short-eared owls. We had some luck, as one owl flew nearby then veered away. Then two more owls were seen at a distance, rising and dropping into ground cover. This was a good ending to an afternoon with birds of prey, including at-risk harriers and owls, in the Washington County Grasslands Important Bird Area. 15 participants: Marion Bayly, David Bayly, Ken Beckley, Kathleen Bond, Carolyn Curren, Susan Dressler, Ellen Elting, Patricia Fitzgerald, Liz Gee, Alan Gee, Mary Ellen Lawlor, Darla Outhout, Marcia Trzaska, Laurie LaFond, and Rich Speidel.

### **Tuesday Treks Tue, Jan 22, 2013, Maureen Coutant**

- This week we walked in Moreau State Park just after the January thaw, but before the really frigid weather hit. It was brisk though when the wind hit you and the temp just barely into double digits. Luckily we were mostly in the woods and the wind wasn't constant. We hiked around the lake and around Mud Pond. From the rise on the western shore we had a great view down to the beaver lodge and since there was no snow on the ice, we could see the paths that the beavers use to get from their lodge to shore. Plus, we saw plenty of other signs of beaver, including scraped off bark and pointy stumps along the shoreline. We ended the hike in the warming hut with stories of trip misadventures, but not ADK trips! 7 Participants: Mo Coutant, Liz Gee, Sarah King, Joy Munro, Andrew and Anne Paolano, and Joanne Szot.

### **Barton High Cliffs Sat, Jan 26, 2013, Jayne Boudier**

- Jay led us into the woods as Barbara McMartin recommended; a new way in for us, and it was nice. Beautiful day! Snowshoeing on a foot of hard snow with a couple of inches of powder on top was easy, and the ridge up had just the usual blowdown clutter. We had sun all day, and no wind chased us back from the cliffs. We spotted a porcupine high in a tall tree as we curved down and around to the talus field, and had nice views up the cliffs we'd been on as we completed our loop. Great day! 4 Participants: Jayne Boudier, Scott Cooper, Jay Fitzgerald, and Nate June.

### **Algonquin/Iroquois/and Wright Peaks Sat, Jan 26, 2013, Ron Lester**

- A little nip in the air at minus 13 degrees had us scurrying down the trail to start. Not surprisingly, the forecast was wrong! Again. Cloudy with high winds turned out to be glorious blue sunny skies with light winds. This was a classic winter hike with great views, and the feeling that we were right on the edge of some serious cold once we climbed above tree-line. Global warming took the day off, but it's subsequent lack of snow was quite evident. We all carried snow shoes but never needed them. Thanks to Mike and Don for their shepherding work in front and rear. Mr. Fuller also makes a mighty mean brownie! Enough for all on another great day in the mountains. 16 Participants: Wayne Richter, Cecelia Elwert, Dan Forbush, Mike Fuller, David Charles, Rick Lennox, Bill Bechtel, Maureen Laskey, Phil Hazen, Bob Stahl, Don Berens, Patrick Connors, Terry and Courtney (my little girl) Marshall, Melody Hoffman, and Ron Lester.

### **Tuesday Treks Tue, Jan 29, 2013, Maureen Coutant**

- This week was a dilemma, as I wasn't sure we'd have enough snow to ski or if it would be too icy to walk. I decided to head to the Feeder Canal and found that it was fine for walking. Covered with an inch or so of snow, but no ice. We walked from the beginning at the dam along the Hudson River to Route 9 in Glens Falls. It's a nice spot to look down at the falls that you can only see briefly as you drive over the bridge to South Glens Falls. Afterwards, we had a quick lunch at Lox and Bagels! 8 Participants: Mo Coutant, Anita Dingman, Sarah King, Eric Krantz, Licia Mackey, Bill Schwarz, Joanne Szot, and Judith Thomas.

### **Treadway - Pharoah Wilderness Sat, Feb 2, 2013, Bill Morse**

- This was an excellent day for a hike up Treadway! There was enough ice to cross Putnam Pond to the Treadway trail. The trail was frozen snow with some ice patches, but nothing we could not work around. Great views at the top, but with a light breeze where we did not want to hang around too long. In the woods was no breeze and it was very comfortable, especially on the return trip. A great group to hike with. 9 Participants: Susan Keely, Joanne Walczak, Kathy Ryan, Cheryl Agris, Colleen Downing, Karen Burka, Eric Kimmelman, Bruce Cushing, Bill Morse, and Abbey the dog.

Make sure to check our web site

@

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

Read more reviews, look at chapter member photos, find out about the ADK Black Fly Affair in May and when in April EMS will have its club day for member discounts on clothes and gear, find out what areas need conservation and/or trail maintenance, etc!

Also, log-on to receive Chepontuc via e-mail and save a tree!

## 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!***

