




Chepontuc Footnotes

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

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

ADK ADIRONDACK MOUNTAIN CLUB presents



ididaride!

Adirondack Bike Tour — August 11th, 2013

Registration Deadline July 30th
www.adk.org • (800) 395-8080, ext. 42
 Early Bird Special (\$10 off) Register by June 1st

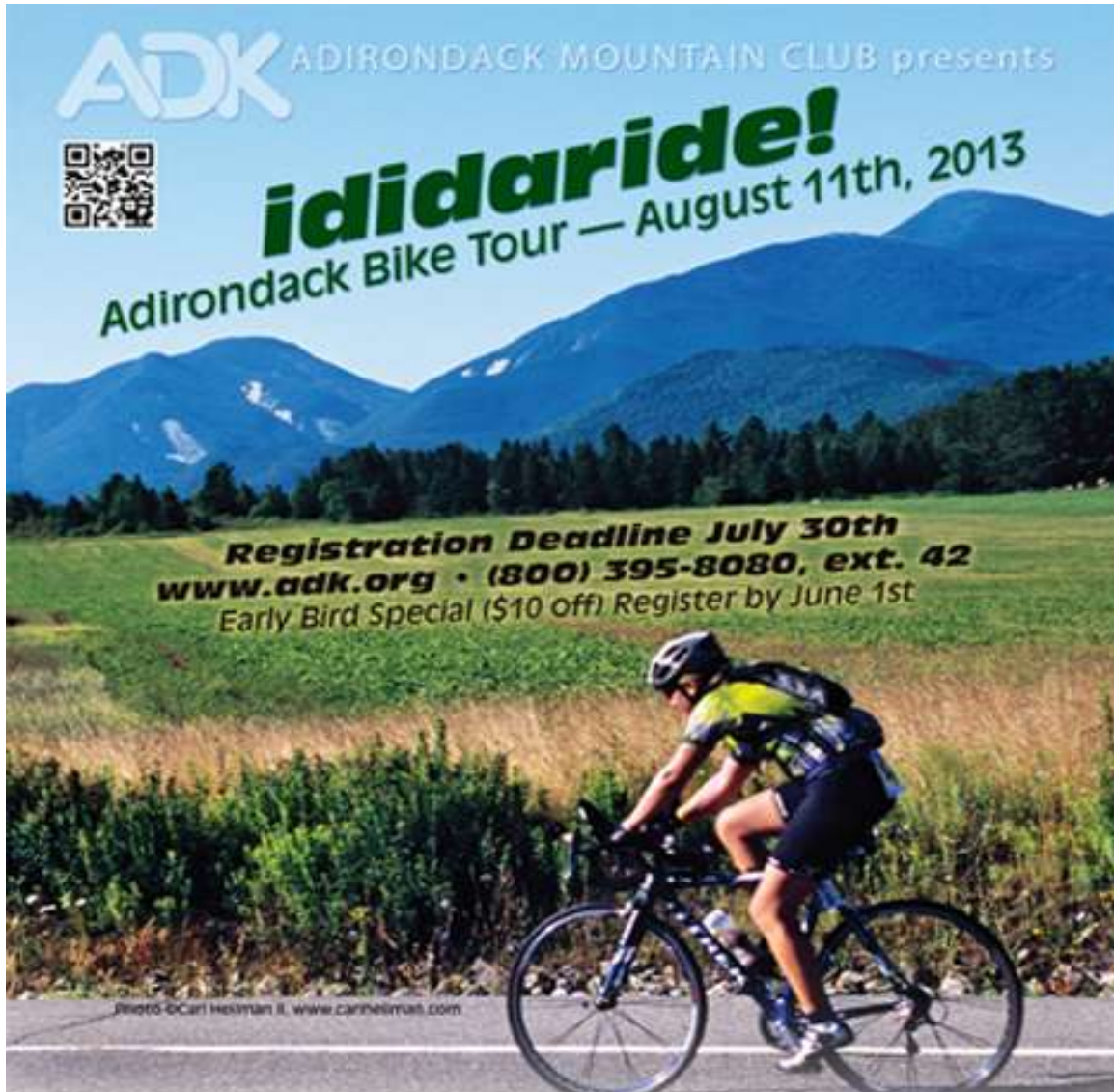



Photo © Carl Heistrain II, www.carlheistrain.com

75-mile loop or 20-mile option w/ shuttle • \$65 ADK member / \$75 non-member
Beautiful Adirondack Scenery • Van support • Après-Ride Party
All proceeds will support ADK's conservation, recreation and advocacy programs.

Thanks! to our Premier Sponsors



Spring into the Chapter!

By Laura Fiske, Chapter Chair

Now that the nice weather is on our doorstep, be sure to take a look at the outings in the back of the newsletter and get out and experience the great offerings in our area. In order to keep providing you with the wide range of outings you have come to expect, we need someone to volunteer to lead the outings committee. This involves reviewing the outings provided by the outings leaders to make sure there is nothing outside of the ADK guidelines, being the point of contact for outings questions and attending the monthly Executive Committee meetings.

Another spring ritual is the annual ADK fundraiser. This year the Black Fly Affair has a 60's theme and is being held on May 18th aboard the Lac du Saint Sacrement on Lake George. Please consider attending this annual event and help support ADK in its efforts to prevent the further spread of aquatic invasive species. You will have the chance to bid on several unique items as part of the auction including a basket



"We need someone to volunteer..."

donated by your chapter.

We still have Executive Committee vacancies in addition to the outing committee mentioned above. There is a vacancy for the annual dinner committee as well as the first and second vice chair positions. We could also use some new individuals to serve as alternative directors. The alternate director and vice chair positions are a great way to get involved in the club's leadership and

learn the ropes. If you are not ready to commit to a leadership position you can join one of the standing committees. The current committee listing is on the right side of this page. The committee chairs welcome your help. Please contact me or any of the other Executive Committee members if you have questions. You can also visit the chapter website and take a look at the chapter by-laws for additional details about the organization and management of the chapter. Shortly, we will be working on the slate of officers (chair positions, treasurer, secretary and director) for the 2014 calendar year, so now is a great time to get your name on the list!

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 vacant
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

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 — JANUARY 2013

John Dunbar & Maryann Gipson, Gansevoort
 Kerri Healy, Corinth
 Edward Horgan & Allison Burba Horgan, Jamaica Plain, Massachusetts
 Lisa Meade, Schuylerville
 Kate Nicholson, Saratoga Springs

Rejoined Members

Sarah & Michael Alford, Greenfield Center
 Fletcher & Lisa Baltz, Saratoga Springs
 Daniel W. Berggren, Ballston Spa
 Denise Freihofer, Stuart, Florida
 Courtenay W. Hall, Stillwater
 Dale Hiram, Coopersburg, Pennsylvania
 Mark & Julie Holowach, Saratoga Springs
 Paula Lomasney, Gansevoort
 Peggy & Keith Strackm, Saratoga Springs
 Toni M. Sturm, M.D., Gansevoort

NEW MEMBERS — FEBRUARY 2013

Donald Donofrio, Queensbury
 John Fichera, Clifton Park
 David, Kristen & Maya Mattice, Glens Falls
 Tom McLenithan, Cambridge
 Chris Thatcher, Queensbury

Rejoined Members

Gregory & Melissa Brown, Broadalbin
 Joseph Bunk, Saratoga Springs
 Warren Carolus, Ballston Spa
 Kyle & Jill Cookingham, Saratoga Springs
 Lisa, JoAnn, Lily & Sophie Glading-Dilorenzo, Northampton, Massachusetts
 Bill Hogan, Saratoga Springs
 Linda, Linda M., Danielle & Matthew Klompas, Clifton Park
 Peter, Erin, Julian & Jaden Kobor, Schuylerville
 Erika Schielke & Jeremy Haas, Glens Falls
 George & Lynn Stephens, Glens Falls

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

ADK Paddlers – Prevent the Spread of Aquatic Invasives – Aquatic Invasive Species (AIS) are non-native plants and animals that threaten native plants, wildlife, and their habitat. Boats, equipment, clothing and even dogs can spread AIS from one waterway to another waterway unless they are properly cleaned and dried. AIS found in Adirondack waters include water chestnut, zebra mussel, eurasian watermilfoil, spiny waterflea, hydrilla and non-native crayfish and minnows. Once they are established in a waterbody, they are very difficult to eradicate.

At present, two out of three surveyed waterways in the Adirondacks are free of invasive plants. You can help prevent the spread of AIS by following these guidelines recommended by DEC :

Inspect and Remove any visible mud, plants, fish or organisms from boats, trailers, equipment, clothing, dogs etc. Discard the items in an upland area or in one of the invasive species disposal stations that DEC has installed at many boat launch sites.

Drain all water holding compartments and equipment *before you leave the access site*. Remember to include equipment, such as neoprene shoes or pumps used to remove water from boats.

Dry – Because some AIS are not easily visible, the most effective method to ensure that no invasive species are transported to a new waterway is to completely dry your boat and equipment before using it in a

new waterway. Drying times vary, depending on the type of boat and equipment. The outside of a boat will dry rapidly, but areas not reached by the sun or lacking good air circulation, such as the interior portions of some kayaks, will take additional time to dry completely.

For more information on how you can help prevent the spread of AIS, go to www.dec.ny.gov/animals/48221.html or www.adkinvasives.com .

Court Decision Reaffirms New York's Public Right to Navigation – In late February, a New York Supreme Court ruled in favor of the public's right to travel on the state's navigable rivers and streams for recreational use. Private landowners in an area near the Whitney Wilderness Canoe Area had challenged a 1998 ruling which established recreational use as a valid reason in deciding whether a waterway should be open to public use. These landowners had put up barriers and no trespassing signs along Shingle Shanty Brook, and filed a lawsuit against a paddler who published an account of a paddling trip along the brook between Little Tupper Lake and Lake Lila. New York's Department of Environmental Conservation and the Attorney General supported the public's right to travel on the water route, and State Supreme Court Justice Richard Aulisi agreed. The decision is a victory for paddlers.

Education Corner

By Linda Rinado,
Education Chair

Well, thankfully, there was a delay in the DEC getting their new e-registration in place. As a result, it gave us time to use up all our allotted funds for the 2013 sponsored camperships. As mentioned before, we are already sponsoring Aaron Keegan of Scotia for the ADK Teen Trails program. We now can add seven more sponsored candidates who will be participating in the DEC summer camps program. Heading to Pack Forest are Samantha Kerr of Schenectady and Jonathan Klompas of Clifton Park. Pascal Gervasio of Niskayuna, Connor Hicks and Ryan and Benjamin Bittig, all of West Sand Lake, will each be enjoying a week at Camp Colby. We are also able to send Claire Holloway of Mill Point thanks to DEC's addition of its "buy six, get one free" program. As usual, Spring is keeping us busy. We will once again be guiding educational walks - combination scavenger, hiking tips, Leave No Trace - walks in the Coles Woods area as part of the Glens Falls' YMCA's Healthy Kids Day 2013. That will be on Saturday, April 27th from 1:00 to 3:00 p.m. On May 23rd we will be presenting hiking/outdoor tips at the 2013 Conservation Field Day at Moreau State Park throughout the day. Hope to see you there!

HAVE YOU HEARD ABOUT THE ADK and LAKE GEORGE LAND CONSERVANCY ROUND THE LAKE CHALLENGE?

The Round the Lake Challenge from June 3 to August 21 will feature guided hikes, tours, and paddles. More information can be viewed at www.lglc.org and www.roundthelake.org.

Executive Committee Meeting Minutes

Minutes from February 6, 2013

Treasurer John Schneider presented the January Treasurer's Report. The Club paid the Chapter's dues share up to date in December, but is now behind again. Three new pairs of loppers were purchased for the Trails Committee, at a total cost of \$100.83. A pair was passed around the table for inspection. The \$1,200 in annual chapter memberships and donations has been paid. The asset balance is down \$1,461, to \$6,859.

John Caffry made a motion to appoint **Laura Fiske** to fill the vacancy in the Chapter Chair position for the remainder of 2013. He said that under the by-laws, this would not count towards term limits. Laura agreed to accept the appointment. This leaves vacancies in both vice-chair positions, as well as the Annual Dinner Chair.

Trails Chair Tom Ellis reported that he has re-signed for the Tongue Mountain trail, and that the work day there will be in April.

Wilderness Chair Jim Schneider reported that he has submitted his annual report to the Club. He and Jack Freeman will do a presentation on **firetowers** to the North Hudson – Schroom Lake Historical Society in April. His latest Pharaoh Lake Wilderness Area Report can be found at <http://localhost/newsdriver2.php?item=054>

Alison Darbee and Maddy Patterson, Outings Co-chairs, announced that they are resigning because they no longer have time to do the job, and they have not been leading hikes themselves lately. They will stay on until a new chair is found. They will poll the current outings leaders and see if any of them are interested in the position.

Conservation Chair Jacki Bave reported that the Club Conservation Committee meeting is coming up. The proposed Remsen to Lake Placid rail trail will be discussed.

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. 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

It's been a slow winter concerning FTC completions. But we extend big congratulations to our Chapter's own Jen Shepherd for earning her 'Winter Rocker' for completing the FTC during the winter months. Since we began doing this, Jen is only the second person and first woman to earn the winter rocker. We hope to see more completions in the coming months with the close of winter and people hitting the trail to shake cabin fever.

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: metadatatjim@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

Outings and Programs Schedule

[See adk-gfs.org website for latest calendar]

Date	Day	Type	Destination	Leader(s)	Rating
May					
1	Wed	Meeting	Executive Committee Meeting - Carl Rs	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	Other	ADK Lake George Prop Workday	Maureen Coutant	NR
4	Sat	Paddle/Camp/Hike	West Mountain, South Bay Diameter	Jayne Boudier	A
4	Sat	Walk	Bird Walk - Wilton Wildlife Preserve	Rich Speidel	C-
5	Sun	Bike	Bike ride up Prospect Mt.	Steve Mackey	B
5	Sun	Hike	Wakely Mountain Fire Tower Hike	Bill Carpenter	B+
5	Sun	Walk/Hike	Henning Preserve *Family Hike	Jessica Gottung	C-
6	Mon	Geocache	Monday Geocache	Sarah King, Mo Coutant	NR
7	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
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	Hike	Pilot Knob Mountain	Neal Van Dorsten	B
11	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C-
14	Tue	Paddle	Tuesday Trek	Maureen Coutant	NR
16	Thu	Program	Slide Social with Steve Mackey	Sarah King	NR
18	Sat	Bushwhack	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
19	Sun	Hike	New Snowy Mountain Fire Tower	Bill Carpenter	B+
19	Sun	Hike	Woods Hollow Nature Preserve, Milton	Jill Gruban	C
21	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
25	Sat	Paddle/Camp	Henderson Lake	Jayne Boudier	A
25	Sat	Walk/Hike	Spring Bird Walk & Climb - Pack Forest	Rich Speidel	C
28	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
June					
1	Sat	Bike	Oregon Plains Road	Steve Mackey	A
2	Sun	Hike	New Cascade and/or Porter Mountains	Bill Carpenter	A
3	Mon	Geocache	Monday Geocache	Sarah King, Mo Coutant	NR
4	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
8	Sat	Hike	YMG - Gore Mountain Fire Tower	Jen Shepherd	B+
8	Sat	Hike	Moxham Mountain Hike	Rich Crammond	B
9	Sun	Hike	Dial and Noonmark Mts.	Ron Lester	A+
9	Sun	Walk/Hike	Moreau State Park * Family Hike	Jessica Gottung	C-
11	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
15	Sat	Hike	Seward, Donaldson, and Emmons	Mike Fuller	A+
15	Sat	Hike	Phelps Mt. via Klondike Notch and Herd Path	Bill Morse	B+
15	Sat	Hike	New Pillsbury Mountain Fire Tower	Bill Carpenter	B+
18	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
22	Sat	Hike	Keene Valley Waterfall Hike	Neal Van Dorsten	C+
22	Sat	Hike	Colden and Marcy Backpack Bicknell Thrush	Jean Holcomb	A
23	Sun	Hike	New Giant and /or Rocky Peak Ridge High Peaks	Bill Carpenter	A+
23	Sun	Hike	Noonmark	Lorraine MacKenzie	B
25	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
29	Sat	Hike	Giant: Fourth of Five Ways Via the Mossy Cascade Trail	Wayne Richter	A
29	Sat	Paddle/Camp	Rainbow Lake	Jayne Boudier	A
30	Sun	Hike	Marcy, Gray and Skylight	Cole Hickland	A++
July					
6	Sat	Hike	Seymour Peak	Mike Fuller	A+
9	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
13	Sat	Hike	treadway mountain	Reg Prouty	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. Bushwhack	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

Outings Detail

EXECUTIVE COMMITTEE MEETING - CARL RS

Wed, May 1, 2013, 7:00 pm, Rating: NR
Leader: Laura Fiske - 884-0345, chapterchair@adk-gfs.org
- Meeting at Carl Rs in Glens Falls, Northway Exit 18

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

Sat, May 4, 2013, 7:00 am, Rating: B
Leader: Jonathan Lane - 744-4594, saratogahiker@infogorp.com
Colead: Rachel Luch
- Castle Rock offers amazing views of Blue Mt. Lake and is approximately four miles round-trip. Chimney Mountain is about two 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
- 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.

ADK LAKE GEORGE PROP WORKDAY - [Other]

Sat, May 4, 2013, 9:00 am, Rating: NR
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- Come join us to spruce up the ADK headquarters. Some stain here, paint there, gravel and pine cones off the lawn, and some flowers in the planters. Those are some of the jobs on the list! Stop by when you can and pitch in. Every little bit helps. We'll provide food and a chance to meet other ADKers!

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
- 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 Diameter Cliff across South Bay. We'll be paddling past there if the water is high enough. Expect about nine miles of paddling, and four-seven miles of hiking, with maybe 1,300 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.

BIKE RIDE UP PROSPECT MT.

Sun, May 5, 2013, 9:00 am, Rating: B
Leader: Steve Mackey - 793-6484, smackey33@verizon.net
- For years I have led 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.

WAKELY MOUNTAIN FIRE TOWER HIKE

Sun, May 5, 2013, 8:00 am, Rating: B+
Leader: Bill Carpenter - 518-793-5506
- For years I have led the 'getting ready for the high peaks' series, doing Black Mountain Loop. We will be doing something new this year- The Hamilton County Adirondack Fire Towers Nature Challenge (www.adirondackexperience.com) It includes five fire towers, and a new patch at the end. This hike, Wakely Fire Tower, gives us great views (I could see three other fire towers from the tower.) It's an easy start, approximately 1.9 miles then up for approximately one mile. The total hike round trip is six miles. Bad weather will cancel.

HENNING PRESERVE *FAMILY HIKE - [Walk/Hike]

Sun, May 5, 2013, 9:30 am, Rating: C-
Leader: Jessica Gottung - 944-9225, jgottung001@nycap.rr.com
- Located in the town of Providence, this a Saratoga P.L.A.N. preserve. Expect a series of loops in a small area that is mostly flat with a couple of overlooks along the way. Geared toward families with small children, we will go at their pace and stop for a snack. Be sure to have water and their favorite trail treats!

MONDAY GEOCACHE

Mon, May 6, 2013, 9:00 am, Rating: NR
Leader: Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- Come join us on a trip to a preserve or mountain to look for the hidden caches that you can find by using a handheld GPS. If you don't have one, but want to help us look ... come along. The more the merrier! We generally stay within an hour of Glens Falls. Call or email Sarah for more details!

TUESDAY TREK - [Walk/Hike]

Tue, May 7, 2013, 9:00 am, Rating: NR
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- For May and June I will be mixing up the trips between walks and short hikes within an hour of Glens Falls. We'll visit wildflower hot spots and try to avoid the black flies! Email me if you have a suggested trip. We will also be doing paddle trips and a few will be in the evening. Check the calendar carefully! Call or email the Sunday before to find out what adventure I have in mind! I also try to mix up the trips geographically between the Saratoga and Glens Falls/Lake George areas.

YMG - STRATTON MOUNTAIN FIRE TOWER - [Hike]

Sat, May 11, 2013, 6:00 am, Rating: B+
Leader: Jen Shepherd - 518-312-0133, jshepherd501@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
- 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.

PILOT KNOB MOUNTAIN - [Hike]

Sat, May 11, 2013, 9:00 am, Rating: B
Leader: Neal Van Dorsten - 518-644-9453, nealvan@aol.com
- This is likely one of the most beautiful hikes that overlooks Lake George. It has views in many directions and wonderful overlooks on the way up as well as along a lengthy ridgeline. We will make a loop and come back along a pretty brook. Total distance is about six miles with some steep sections. We will meet at Cafe Vero in Lake George Village.

Outings Detail

SPRING BIRD WALK - PACK FOREST, WARRENSBURG

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

Leader: Rich Speidel - 623-2587

- We'll have 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 - [Paddle]

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

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

- This week we will be doing a paddle on a lake within one hour of Glens Falls looking for an eagle and nest. Note: this trip is in the morning!

SLIDE SOCIAL WITH STEVE MACKKEY - [Program]

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

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

- Join us for our annual slide social; pictures submitted by ADK members. See article on page 5.

BLUE RIDGE EAST VIA STEPHENS POND - [Bushwhack]

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

Leader: Mike McLean - 315-262-2564, mppmclean@twcny.rr.com

- This is 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 two miles to the wooded summit of Blue Ridge East. This was relatively open woods on my prior two trips, but do come prepared for tough/thick bushwhacking. The bushwhack is 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, Farmallboy55@hotmail.com

- Twice a year I hike to Panther Gorge for a lean-to check and clean up. It's about 18 miles and 2,300 ft. of vertical, about eight hours of hiking time, not counting breaks and clean-up. To me, the most beautiful part of hike is Marcy Swamp old split log hardening. We'll hike in from Elk Lake. Meet at Panera Bread Queensbury and we'll 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-six miles with some rolling terrain with some climbing without being too steep. We will spot cars at the spring and start near the old 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.

NEW SNOWY MOUNTAIN FIRE TOWER - [Hike]

Sun, May 19, 2013, 8:00 am, Rating: B+

Leader: Bill Carpenter - 518-793-5506

- This hike is the second of the five Hamilton County Fire Towers on my 'getting ready for the High Peaks series.' On a clear day it gives you wonderful views of the central Adirondacks and the High Peaks to the North-east. The trail starts out fairly easy, then a steep section, then more gradual to approximately two miles as the trail again steepens. There is a good lookout toward the East at approximately three miles, and then extremely steep to the summit. The total round trip is approximately 7.8 miles. Contact hike leader for more information or to sign up. Bad weather will cancel.

WOODS HOLLOW NATURE PRESERVE, MILTON - [Hike]

Sun, May 19, 2013, 9:00 am, Rating: C

Leader: Jill Gruban - 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 bring plenty of water and a snack.

TUESDAY TREK - [Walk/Hike]

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

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

- See May 7th

HENDERSON LAKE - [Paddle/Camp]

Sat, May 25, 2013, 9:00 am, Rating: A

Leader: Jayne Boudier - 793-3770, boudier@verizon.net

- May 25-6. This is a beautiful, deep, lake, with cliffy shores, interesting swamps and inlets, and great views of Indian Pass and High Peaks. We'll explore 6-7 miles worth of bays and inlets at an moderate, unhurried pace. The leader will help with the 1/4 mile carry, has wheels, and also has boats to lend. From Upper Works.

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 EVENING PADDLE

Tue, May 28, 2013, 5:30 pm, Rating: NR

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

- See May 7th. Be sure to wash your boat before each trip! This is an evening trip!

OREGON PLAINS ROAD - [Bike]

Sat, Jun 1, 2013, 8:00 am, Rating: A

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

- I picked up a newspaper from the High Peaks Rest Stop called Embark, and they had this bike trip written up. It is relatively flat, 40 miles, up around Saranac Lake - Paul Smith's area. 'It starts in Saranac Lake and heads north on Forest Home Road to Lake Clear. It passes many ponds and lakes and if it is warm enough you can go for a swim.' Sounds like an interesting, scenic, and fairly traffic-free route.

NEW CASCADE AND/OR PORTER MOUNTAINS - [Hike]

Sun, Jun 2, 2013, 8:00 am, Rating: A

Leader: Bill Carpenter - 518-793-5506

- Well, we have had our warm up hikes doing the 'getting ready for the High Peaks' series, so let's go! Cascade is a great introduction to the High Peaks, as it is the easiest High Peak and has a trail. If you just want to get out for the day and enjoy a hike, you don't have to do both mountains. You can wait for us on Cascade, enjoying the views. For those who need, or want to do Porter Mountain, we will take a short detour at the junction. Total round trip for both mountains is 6.38 miles. Just Cascade? The total is 4.8 miles. Contact hike leader for more information or to sign up. Bad weather will cancel.

MONDAY GEOCACHE

Mon, Jun 3, 2013, 9:00 am, Rating: NR

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

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

- See May 6th

TUESDAY TREK - [Walk/Hike]

Tue, Jun 4, 2013, 9:00 am, Rating: NR

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

- See May 7th

YMG - GORE MOUNTAIN FIRE TOWER - [Hike]

Sat, Jun 8, 2013, 7:00 am, Rating: B+

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

- To get myself warmed up for the more strenuous High Peak trips I need this summer, I thought Gore would be a good trip for early June. It's one of only two Adirondack Fire Towers I don't already have, I've been patiently waiting for winter to end so I can grab it! We'll meet at Panera Bread off exit 19 at 7am and carpool from there. The hike is nine miles round trip with 2,533 ft. of elevation change. Pace will be a steady moderate with a few rest breaks. Be prepared to keep up. Bring plenty of food/fluids and wear layers. We'll have lunch on the summit and head back down. Contact hike leader to sign up no later than 7pm Thursday before the hike. Email is faster and preferred, no phone calls after 7pm please. Please

Outings Detail

give full name and a contact number when emailing. Rain will cancel.

MOXHAM MOUNTAIN HIKE

Sat, Jun 8, 2013, 9:00 am, Rating: B
Leader: Rich Crammond - 584-2380

- We will meet at the small trailhead 2.4 miles up 14th Road off of Rt.28N, Minerva. This hike will be 5.4 miles round trip with around 900 ft. of elevation change. There are some ups and downs along the way but on a clear day, we'll have a reward of views. (Remember, it's Black Fly Season! Eeks!) Please contact the leader to sign up. See you there!

DIAL AND NOONMARK MTS. - [Hike]

Sun, Jun 9, 2013, 6:00 am, Rating: A+

Leader: Ron Lester - 518-899-4187, muleskinner46er@hotmail.com

- After enjoying the quite under-rated summit of Dial, we will leave the trail on the return trip and bushwhack about .75 miles over to Noonmark and it's panoramic views. I did this many years ago and recall the final climb up Noonmark was a bit of a scramble, but not too difficult. We will descend via the trail down Noonmark. Should be fun ... with a twist or two!

MOREAU STATE PARK * FAMILY HIKE - [Walk/Hike]

Sun, Jun 9, 2013, 9:30 am, Rating: C-

Leader: Jessica Gottung - 944-9225, jgottung001@nycap.rr.com

- Geared toward little legs, we will opt for a few shorter trails. There is a charge for parking (\$8 per car), but we will try to get our money's worth by enjoying an early lunch and playing on the beach before we head home. Please wear appropriate fully enclosed shoes for the hike and don't forget the bug spray or sunscreen!

TUESDAY EVENING PADDLE

Tue, Jun 11, 2013, 5:30 pm, Rating: NR

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

- See May 7th - be sure to wash your boat! This is an evening paddle week!

SEWARD, DONALDSON, AND EMMONS - [Hike]

Sat, Jun 15, 2013, 5:00 am, Rating: A+

Leader: Mike Fuller - 802-254-3314, farmallboy55@hotmail.com

- Working on your 46? Then come along for a great day of feeding the bugs. About 16 miles and a lot of up and down. Bring three or four liters of water, bug dope (or a pint of your own blood), and lots of fun. This is a big day so know your limits. Meet at Panera Bread Queensbury 5:00am. No phone calls after 7:00pm night before the hike or morning of the hike.

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

Sat, Jun 15, 2013, 7:30 am, Rating: B+

Leader: Bill Morse - 518-585-9153, fishermanpike@yahoo.com

- We will meet at 7:30AM 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.

NEW PILLSBURY MOUNTAIN FIRE TOWER - [Hike]

Sat, Jun 15, 2013, 8:00 am, Rating: B+

Leader: Bill Carpenter - 518-793-5506

- This hike is strenuous, over a moderate distance. The views: Lake Pleasant and Sacandaga Lakes can be seen to the South; Snowy Mountain Fire Tower and the High Peaks toward the North; Indian Lake to the East and Cedar River flow to the West, plus more. The hike is approximately 3.2 miles, but a car with low-clearance may encourage you to hike from Sled Harbor, which will add approximately two miles. Contact hike leader for arrangements, more information, or to sign up. Bad weather will cancel.

TUESDAY TREK - [Walk/Hike]

Tue, Jun 18, 2013, 9:00 am, Rating: NR

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

- See May 7th

KEENE VALLEY WATERFALL HIKE

Sat, Jun 22, 2013, 9:00 am, Rating: C+

Leader: Neal Van Dorsten - 518-644-9453, nealvan@aol.com

- On this unique hike, we will visit two waterfalls. Mossy Cascade Brook

Falls, a curtain like falls over a dark wall of rock roughly 40' high. And we will visit Deer Brook Falls which is over 80' high. Each hike covers about a mile. Be prepared for some uneven terrain and steep traverses. Let's hope for a sunny warm day. Meet at Exit 24 parking area off the Northway.

GOLDEN AND MARCY BACKPACK BICKNELL THRUSH - [Hike]

Sat, Jun 22, 2013, 10:00 am, Rating: A

Leader: Jean Holcomb - 583-0658, jholcomb5@nycap.rr.com

- A couple of summer's ago I did this backpack to prepare for the John Muir Trail hike and discovered by accident some singing Bicknell's Thrush. I was so delighted to see and hear this rare bird that I decided to repeat the backpack. You could join me for only the first day if you don't mind coming out in the dark or you could return the next day without climbing Marcy, but my plan at the moment is to backpack from Heart Lake (ADK lodge) to Lake Arnold, which is a serious backpack of over four miles and at least 700 ft. elevation gain. We set up camp and then climb Colden, having dinner on top, which is fun because you have the summit to yourself. Then we go down a ways between the two peaks to look for the Bicknell's Thrush which hopefully will be singing. Then we return to Lake Arnold for overnight. Next day, we have breakfast and return over Marcy to our starting point at Heart Lake or go down the Lake Arnold trail the way we came in. Remember to have bear canisters with you! Bad weather cancels.

NEW GIANT AND/OR ROCKY PEAK RIDGE HIGH PEAKS - [Hike]

Sun, Jun 23, 2013, 7:00 am, Rating: A+

Leader: Bill Carpenter - 518-793-5506

- When they talk of the High Peaks they mean just that! High. On a nice day: great exercise, good company and accomplishing a goal, especially if you are working on your 46 High Peaks. However, if you are just out for a great, casual day you may choose to do only one mountain, always waiting for us at the junction, communing with nature or reading a good book, in a wonderful place. But, the look-outs going up Giant are so pleasing to the heart and mind. Total hike is approximately 7.7 miles. Contact hike leader for information or to sign up. Bad weather will cancel.

NOONMARK - [Hike]

Sun, Jun 23, 2013, 8:00 am, Rating: B

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

- Noonmark is a short trek for a large payoff. We will enjoy spectacular views of Lower Wolf Jaw, Upper Wolf Jaw, Armstrong, Gothics, Saddleback, Basin, Haystack, and Marcy Giant and Dix Mountain. The round trip is about five miles with an elevation gain of 2,500 ft. with plenty of 'Kodak moments.' Rain cancels.

TUESDAY EVENING PADDLE

Tue, Jun 25, 2013, 5:30 pm, Rating: NR

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

- See May 7th. Wash your boat before each trip! This is an evening outing!

GIANT: FOURTH OF FIVE WAYS VIA THE MOSSY CASCADE TRAIL - [Hike]

Sat, Jun 29, 2013, 6:00 am, Rating: A

Leader: Wayne Richter - 893-7895, devnull42@nycap.rr.com

- Giant is perhaps unique among the High Peaks as it has five distinctly different routes to its summit. This route was my fourth of the five. We'll leave most cars at the base of the Ridge Trail, then head up the Mossy Cascade Trail. We'll pass by the lovely Mossy Cascade Brook, and perhaps get a look at the cascade. We'll take a quick detour to Hopkins Mountain, a real treat with its view up the Ausable Valley. We'll then walk along the side of Green Mountain before making the steep ascent to Giant, where we are likely to see others for the first time on the hike. Finally, we'll descend the spectacular Ridge Trail with its open ledges. The hike is 9.4 miles with about 4,000 feet of elevation change. Bad weather will cancel.

RAINBOW LAKE - [Paddle/Camp]

Sat, Jun 29, 2013, 9:00 am, Rating: A

Leader: Jayne Boudier - 793-3770, boudier@verizon.net

- June 29-30. This lake lives east of Paul Smiths. It is somewhat domesticated, with Buck Pond State Campground at one end, camps crowding the other, and views of two firetowers. But there's also plenty of wild area,

Outings Detail

and The Flow without having to rush. The paddle is about 12 miles, at a moderate to leisurely pace. The leader has boats to lend.

MARCY, GRAY AND SKYLIGHT - [Hike]

Sun, Jun 30, 2013, 5:30 am, Rating: A++

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

- This should be after the worst of the black flies and a good chance to get to three High Peaks. Rain will cancel because we want to be able to enjoy the views on Marcy and Skylight. This could be a long day; we will go slow and steady so don't feel like you have to be ready to keep a fast pace. But, you need to be ready for a lot of miles and a lot of climbing. Bring plenty of water and snacks.

SEYMOUR PEAK - [Hike]

Sat, Jul 6, 2013, 5:00 am, Rating: A+

Leader: Mike Fuller - 802-254-3314, 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.

TUESDAY EVENING PADDLE

Tue, Jul 9, 2013, 5:30 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, 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.

TREADWAY MOUNTAIN - [Hike]

Sat, Jul 13, 2013, 8:30 am, Rating: B

Leader: 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.

MONTCALM POINT HIKE & SWIM

Sun, Jul 14, 2013, 9:00 am, Rating: C+

Leader: Neal Van Dorsten - 518-644-9453, 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

Leader: Jessica Gottung - 944-9225, jgottung001@nycap.rr.com

- Located in the town of Hope, we will walk to the 1st 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

Leader: Neal Van Dorsten - 518-644-9453, 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

Leader: Maureen Coutant - 745-7834, 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.

SANTANONI, PANTHER & COUCH - [Hike]

Sat, Jul 20, 2013, 5:00 am, Rating: A+

Leader: Mike Fuller - 802-254-3314, farmallboy55@hotmail.com

- I lead this 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-

Leader: 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

Leader: Lorraine MacKenzie - 791-9794, 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

Leader: Jayne Boudier - 793-3770, 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

Leader: Maureen Coutant - 745-7834, 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.

SAVE THE DATE!

ADK was selected again to benefit from the Ragnar Race September 27-28 starting in Saratoga Spa Park and finishing in Lake Placid. Check out ragnarrelay.com

Trip Reviews

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. Abbey especially enjoyed meeting everyone.

Tuesday Trek Tue, Feb 5, 2013, Maureen Coutant

- Ok, if you could have come on this one and didn't - kick yourself! It was that incredible. Laurie emailed me to say that the ice on Moreau Lake was skateable with smooth black ice! Those conditions don't last long, so I made that our midweek outing. It was amazing to see through the layers. We saw all kinds of cool ice or snow bubbles frozen between layers. You could see down to the bottom and see a tree resting there. We saw a couple of dead fish and plants suspended in the ice. We skated around the lake checking it out and felt like kids again! We skated a figure 8 and then decided to write a message to be seen by any planes. So we etched a C and an L on either side of the 8 to spell out 'cool,' which it was! So cool that I came back with my daughter and husband and Laurie and her son after school that same day! Who knows when those conditions will return ... it only lasted until that Friday when it was covered with snow. See pictures in the gallery. 5 Participants: Mo Coutant, Licia and Steve Mackey, Joy Munro, and (special thanks to) Laurie Williams.

Pyramid & Gothics Sat, Feb 9, 2013, Steve Mackey

- We moved the trip from Saturday to Sunday because of all the media reports of the big storm coming. We obviously only got about eight inches so we could have gone, but our change in plans brought a glorious sunny day. Usually, on this hike, we don't see any other groups doing the same mountains, but on this trip, we had two other groups and a lone hiker, (that broke trail all the way up), that we ran into. We were able to hang out a bit, on both Pyramid and Gothics, which is a rare treat this time of year. Most of the group wanted to also climb Sawteeth, so while they bagged another peak, I skied the road an extra time. 5 Participants: Alan Jines, Hugh Davis, Wayne Richter, Cecilia Elwert, and Steve Mackey.

Monday Geocache Mon, Feb 11, 2013, Sarah King and Maureen Coutant

- This month we looked for geocaches along the canoe carry near the horse-shoe dam not far from Moreau State Park. We've paddled just upstream of the dam and once got out and walked along the carry to overlook the dam, so it was interesting to find a way in from a road. We found all but one of the caches, but we also found some cool tracks. One of them we're pretty sure was a river otter with a pretty distinctive slide! The others, we're not sure! 3 Participants: Mo Coutant, Sarah King, and Licia Mackey.

Tuesday Trek Tue, Feb 12, 2013, Maureen Coutant

- This week we were going to do a snowshoe along the Red Ridge trail in Moreau State Park, but once we got there we decided we only needed our grippers. Those turned out to be fine, although some of the downhill were a little difficult. Not too bad though. We finished with snacks or lunch in the warming hut. We love that place. If only we could end all our trips there! 10 Participants: Mo Coutant, Anita Dingman, Liz Gee, Bill Glendenning, Sarah King, Licia Mackey, Paul Messina, Bill Schwarz, Joanne Szot, and Judith Thomas.

YMG - Big Slide - High Peak Sat, Feb 16, 2013, Jonathan Lane

- We were blessed with an incredible day in the woods. The views of the Great Range while hiking over the Brothers is spectacular! And butt-sliding down from the summit was a ton of fun! 4 Participants: Jonathan Lane, Rachel Luch, Denise McQuade, and Majde Takieddin.

Tuesday Trek Tue, Feb 19, 2013, Maureen Coutant

- This week we walked along the Hudson Falls to Ft. Edward section of the Feeder Canal Trail. The trail was mostly free of snow, but there were icy patches that made grippers helpful. Most of us walked around them though since you didn't need the grippers most of the time. We saw a pileated woodpecker, but not too many other birds. A nice skating rink on the canal though in Hudson Falls. If only we had our skates! 9 Participants: Mo Coutant, Bill Glendenning, Louise and Steve Golub, Licia and Steve Mackey, Joy Munro, Nick Ringelberg, and Bill Schwarz.

Basin/Saddleback Peaks Sat, Feb 23, 2013, Mike Fuller and Steve Mackey

- The first thing that I'd like to mention in this trip review is my "mistake" with my e-mail address. It is farmallboy55@hotmail.com, not just "farmallboy". I noticed a lot of people showing up for the hike whose e-mails I did not receive. I'm glad you came. We carpoled to the Garden, it's a good thing. At 7am the lot was

almost full. We booted it to Slant-Rock where we switched to snowshoes. A light snow was falling and Steve, who was leading, said the trail was already broke open; I was sweeping. We went up over Shorey Shortcut, a few from the group said that's the longest mile they've ever hiked. Up to Basin, where we were blasted by wind and snow pellets. The back side of Basin had a dangerous butt slide, thanks to our blockers who kept us from going over into the abyss. When we got to Saddleback it was real teamwork. I was most worried about Denise but thanks to a great group we worked together and got everyone up. Congrats to Cole who finished his Winter 46! Thanks to Rob for giving him the (velcroed) winter rocker off his pack. Off to Ore Bed Trail where we grabbed some pictures and eats. The hike out couldn't have been better with light falling snow and a group picture at the ranger cabin, thanks to Jen, our trip photographer. We managed to get out without lamps. Thanks to Steve for co-leading. It was "Team Saddleback!" 12 Participants: Rob Beirman, David Charles, Hugh Davis, Cole Hickland, Nancy Kass, Holly Lee, Rachel Luch, Steve Mackey, Denise McQuade, Wayne Richter, Jen Shepherd, and Mike Fuller.

Tuesday Trek Tue, Feb 26, 2013, Maureen Coutant

- This week we walked along the trails in Saratoga State Park. There wasn't much snow, but we needed our grippers for some of the icy parts of the trails. We walked along a stream, past the spouter, and through SPAC. When the sun came out, it almost felt spring-like but not quite! Heather Mackey joined us in between field projects in exotic locations; it was good to catch up! 14 Participants: Mo Coutant, Anita Dingman, Louise and Steve Golub, Ginger and Joe Kelterborn, Sarah King, Eric Krantz, Heather, Licia and Steve Mackey, Joy Munro, Joanne Szot, and Laurie Williams.

The Wolfjaw Peaks Sat, Mar 2, 2013, Ron Lester and Melody Hoffmann

- Once again, the weather forecast was way off. All day snow showers, with moderate winds and chill factors of zero were called. But there turned out to be not a flake of snow, barely a breath of wind, and two totally comfy summits, albeit stuck in the clouds with no views. There were a lot of new slides in the area from Irene. We had a good day out in the mountains and encountered a variety of hikers, including those looking for a lost dog, and a couple skiing up the trail with their infant son. Awesome trail brownies Wayne. They may be better than Mr. Fuller's. The moral of the story is stop granting the weathermen unconditional credibility! Get out there and enjoy the outdoors. Cheers!

Santanoni Great Camp Sat, Mar 2, 2013, Steve Mackey

- We had a good turnout and good skiing. Newcomb had four foot high snow banks alongside the road, so it was a little bit of a different world compared to Glens Falls. We got a bit spread out, due to equipment issues, and different skiing abilities, so during most of the day there was at least a person or two along each mile of the five mile distance. I never did quite make it all the way in, but I got to see Bill's pictures and it looks like most of the group got a good overview of the old great camp. 16 Participants: (Old)Ray Bouchard, Jim Dickson, Bill Schwarz, Scott and Kathie Ryan, Joanne Armstrong, Peter, Daniela and Luc Belikis, Holly Rippon-Butler, Mimi Zucker, Dave Paddock, Eberhard Burkowski, Mary Ann Moran, Steve and Licia Mackey.

Tuesday Trek Tue, Mar 5, 2013, Maureen Coutant

- This week we headed up to the Warren County trails on and next to Cronins Golf Course in Warrensburg. It was a 'make your own adventure' trip. Most of the group chose XC skiing on the golf course while a few of us walked through the woods. Afterwards, we headed into Warrensburg for a nice lunch. 7 Participants: Joanne Armstrong, Mo Coutant, Louise and Steve Golub, Nancy Kimball, Eric Krantz, and Licia Mackey.

Allen Peak Sat, Mar 9, 2013, Mike Fuller

- Allen Peak didn't live up to 'The Big Nasty' it was more like the big easy. We started out with blue sky and 12 degrees. We crossed the Hudson with garbage bags and we were on our way to Allen on a hard packed trail. Once we reached Skylight Brook, it was snowshoes to the top. Temps had climbed and the snow was getting soft. Wow, winter on Allen with just your base-layer, some views, eats, pictures and we were on way back. We got out just after 6:00 with sleeves rolled up and the last of the sunlight. 5 Participants: Glen Cabby, David Charles, Denise McQuade, John Kwasnowski and Mike Fuller.

Woodhull Fire Tower with a St. Patty's Theme Sun, Mar 10, 2013, Jen Shepherd

- Woodhull in winter ... over 15+ miles round trip of seemingly easy, flat terrain for more than the first half of the trip. In non-winter months, the only difficulty about this hike is it's length. Add a little snow and it becomes one tough monster. Once our little group got settled with parking, we'd be walking 0.6 miles in to the actual trailhead. The road is not maintained in winter, aside from snowmobile use. Most people elected to wear snowshoes in while one person bare booted and another was in micro-spikes. It wouldn't be long before they put on

Trip Reviews

snowshoes. We had a nice crunchy layer of snow for the first portion of the hike. It was, however, very uneven making even walking in snowshoes difficult. It eventually turned in to soft snow that made for a great deal of sliding around. We made great time to the junction and making the summit in great time was looking promising. As the miles ticked by and the boring flat sections of trail passed on, the day was looking much more grim. The near 50's forecast was short lived. It seemed as soon as the sun came out, it was replaced by an overcast sky and a chilly wind. An omen of the mountain. I had two hikers well ahead of the group, Nick and Jon. They broke out the trail and made it to the summit. I passed them coming down on my way up. I was a mere half mile away and faced with the choice of turning back or pushing on. Push on I did. Rachel caught up and went to the summit with me. The rest of the group would be taking a break at the bridge and turning back after some relayed messages were passed. I finished my winter fire tower challenge and booked it back to the rest of the group. We had a very long and grueling day with many miles left to go until we'd see the cars. Upbeat chatter helped pass the time. We finished the hike a few hours later than I had planned, some of us with strains, sprains and everyone suffering from exhaustion. For an easy hike, this was by far tougher than any of the toughest High Peaks I've experienced thus far in winter. Just a gentle reminder of what the Adirondacks can dish out. I had summit celebration plans and wanted such a nice day for all. Even though things didn't turn out the way I'd planned, we all persevered. Everyone held their own and powered through. I had a great group of troopers and I'm glad to have had each one of you with me despite the dismal experience of the day. Never again Woodhull, never again! 7 Participants: Nick Lanzillo, Jonathan Owens, Jen Shepherd, Rachel Luch, Erica Halbrook, Bill Barton, and Gary Wilcox.

MacNaughton Mt Sun, Mar 10, 2013, Jean Holcomb and EJ Holcomb

- Sometimes the mountain is cruel and sometimes planets align. We had a beautiful day last Sunday for our attempt on MacNaughton. As most of you know this is a pure bushwack so anything is possible. There is still blowdown from Hurricane Floyd on the west side. I had not planned to attack from that side but an email changed my mind. Sean Green had summited by himself on Saturday and left a snowshoe trail from Preston Ponds. That was enough to convince me and ultimately led to 11 hikers summiting in five hours (9+ round trip). Sean's approach was masterful. He had gone straight up the brook and so was able to go under most of the blowdown. While I can't say we had an easy time, it was certainly doable and 11 snowshoes pack down a pretty good trail so we didn't have too much trouble when the snow got soft mid-day. Only the bigger John had a mishap and fell in the brook but he soldiered on and I didn't hear about it until the ride home. Jayne Boudier did a great job at sweep, pushing gently from behind to get us all up the mountain. The views up top were superb with the leaves off the trees. To save time and energy, we came out on Henderson Lake, although some of us, including me, were pretty scared. It did save a mile and got us out 6ish. It was a really great group. Everyone had a good attitude. I really did have my "illage."12 Participants: Cole Hickland, Dan Stec, Ed Dandaraw, John Stubecki, Bob Nedbalski, Dave Senecal, John Maxwell, Jean Holcomb, Jayne Boudier, Terje, Kuusk, Helena Neva-rez.

Monday Geocache Mon, Mar 11, 2013, Sarah King and Maureen Coutant

- This month we walked along a snowmobile (or sled) trail up Bald Mountain just outside of Corinth. When we left the trail we sunk into the snow in spots, but in other places you could see the bare ground. We couldn't figure out why it was named 'Bald' since we didn't get to a spot that had a view, but maybe we just didn't go to the right spot. We found lots of caches though and I think I caught a glimpse of a fisher crossing the trail as we headed down the trail. We found fresh tracks and they looked to our untrained eyes as possibly from a fisher. The next day it rained all day, so we were glad to get out and see all the tracks in the snow before they got washed away. 3 Participants: Mo Coutant, Sarah King, and Licia Mackey.

Tuesday Trek Tue, Mar 12, 2013, Maureen Coutant

- This week we walked along the Harry Betar Trail which has an upper and lower section in South Glens Falls. Along the trail are the remnants of old water plants used by the area over the past 150 years. You walk along the river and there are platforms to use to get a great view of the river and any wildlife and birds. We've seen beaver, river otters, and many varieties of birds on other trips. This time, just Canadian Geese. 10 Participants: Joanne Armstrong, Ken Corsetti, Mo Coutant, Anita Dingman, Licia Mackey, Joy Munro, George and Irene Sammons, Bill Schwarz, and Deb Wood.

YMG - Mt. Marcy Sat, Mar 16, 2013, Jen Shepherd

- It was a small group for this big Mt. Marcy adventure. The day started a bit overcast with hints of blue skies in the distance. We had a beautifully packed trail the entire way. We kept a great pace, made excellent time to Marcy Dam where we crossed over the frozen water. Shortly after, I tried to knock myself out by running full steam into a fallen birch over the trail. I blame my fogged up glasses but really I was watching my feet and not the trail! As the miles ticked

by we were treated to sunshine peeking through the trees onto the trail. Every so often we'd get to sneak a view with a gorgeous blue sky background. The closer we got to Marcy though, the more overcast it got. With 1.2 miles left to the summit we were passed by the Albany Chapter while finishing up our lunch. We passed them several minutes later as we were refueled and ready to summit. The last half mile became a friendly passing game between the chapters as we each made our way to the top. It was nice to see some familiar faces and friends from another chapter! The summit provided little by way of views but was very pleasant for a short visit. There was hardly any wind and the temps were comfortable enough to allow everyone time for snacks and photos. Due to cancellations and the agreement of my remaining hikers, we had a special guest hiker for the day. Brandy was the star running circles up and down the trail. I'm pretty sure she ate more trail food than anyone in my hiking party all day, she even got some of the Albany Chapter to fall for her cuteness and share a bite or two! Our trip back down was quick with stops at Indian Falls and Marcy Dam. It was an excellent day with some great company. Stay tuned to the chapter website for photos. Total hike time was 8 hours. 4.5 Participants: Jen Shepherd, Leighann Helson, Nur Atalay, Joe Durma and his lovely companion Brandy. Thanks to all for the awesome day!

Seward Range Sat, Mar 16, 2013, Steve Mackey

- I originally had about eight people signed up for this hike, and then we learned that the authorities had closed the gate going into the summer trail head. It was going to add about six miles to the round trip distance and the road was going to be muddy (poor skiing). Almost everybody canceled. We then tried to decide what peaks the remaining hikers needed for their Winter 46. The decision was to hike Dix and possibly Hough. On the way up to the High Peaks on Friday night, Licia and I got caught in a sudden white out, and ended up careening off of a pickup truck, that was careening off another car, that had jammed on their brakes. We didn't make it back up to the High Peaks until the next morning in a different car. Meanwhile Mike Fuller came to the rescue and led the hike up Dix. I don't know any details other than it was a sunny day, and that they had a good hike. 3 Participants: Mike Fuller, Denise McQuade, and Nancy Kass.

Tuesday Trek Tue, Mar 19, 2013, Maureen Coutant

- This week we had a snowstorm on Tuesday which pushed our outing to Friday. Since we still had snow, we did a snowshoe tracking trip in Moreau State Park. Laurie, our Moreau State Park expert, led us to a porcupine den area and explained about their habits. Then we looked for deer beds under the balsams and any other tracks to be found. We didn't see the variety that we'd hoped for, but we all enjoyed getting out and enjoying the snow and a beautiful day and the warming hut at the end! 10 Participants: Mo Coutant, Carolyn Curren, Anita Dingman, Bill Glendenning, Sarah King, Licia Mackey, Joy Munro, Joanne Szot, Laurie Williams, and Jean Williamson.

Hoffman Mountain Sun, Mar 24, 2013, Jayne Boudier

- We started early and headed up Hoffman's north ridge. The going was nice with the usual claw up the Big Bump (worse going down), and brief bought with a thicket of 15-year-old softwoods growing through old blowdown (that we could have avoided to the west). Excellent snow! Deepening powder on top of a hard deepening base covered most of the junk as we ascended. It might have been 3-5 ft deep on top. We got out before dark, without seeming to hurry. Great conditions, beautiful day, awesome group! 5 Participants: Hanna Becker, Jayne Boudier, Scott Cooper, Nick Lanzillo, and Jeff Mans.

Tuesday Trek Tue, Mar 26, 2013, Maureen Coutant

- This week we used what was left of the snow. We headed to Crandall Park (Cole's Woods) and decided the coverage probably wouldn't be the best for skiing, so we went out in snowshoes and grippers. Steve had old skis and decided to give it a go. We crossed paths with him a few times as we wandered around the trails in the woods. There weren't too many bare spots and we got a better workout than we expected. It was probably the last time out on snow for this season, but you never know around here! We've had the best snow in March this year! Maybe an April storm will get us out again, but I'm hoping for April flowers! 8 Participants: Joanne Armstrong, Mo Coutant, Carolyn Curren, Paul Dietershagen, Anita Dingman, Sarah King, Licia and Steve Mackey.

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

The Hadley Fire Tower Committee is seeking someone with the necessary "know-how" - expertise and experience - to lead a trail crew for our annual maintenance day. We would like to do this in conjunction with National Trails Day on June 2nd. We work under the recommendations of our committee's DEC representative Ranger Tony Goetke as well as what we encounter on the given day. This includes cleaning and/or building water bars, removing any fallen trees, limb and/or other debris and also clearing growth around the cabin. We are part of the AANR agreement and do require waiver forms to be signed as is done with similar ADK activities and their scheduled hikes.

We would also like to extend an invitation to anyone interested in joining the committee and its efforts to keep the tower, cabin and trail in good condition and to continue with our summer steward interpretive program.

If you fit the initial description above and are interested in helping us out, or, if you would like to be part of our committee, please contact Linda at Iranado@hotmail.com or at 696-7265

What's a Summit Steward?

Mountaintop Education: Summit stewards educate hikers to enlist their help in protecting alpine species from trampling. They hike to the summits of the tallest mountains every day and speak with every visitor about protecting alpine plants from human trampling by staying on the solid rocks. They are on Mt. Marcy and Algonquin Peak seven days a week from the beginning of June through Labor Day.

In 2012, Summit Stewards spoke with over 20,500 hikers, making over 325,000 visitors since the 1990!

Hands-on Conservation: Summit Stewards also do trail work to protect alpine plants. They build screen walls and cairns to guide hikers and define the trail. They pack areas with rock to prevent soil erosion. Hikers help us do this work by participating in the Carry-A-Rock program.

Alpine Research: Summit stewards complete research projects examining plant communities, recovery from trampling, and rare species.

Adirondack Mountain Club is a partner with the Leave No Trace Center for Outdoor Ethics.

Leave No Trace Principles:

1. Plan Ahead and Prepare

- Know the regulations and special considerations for the area you'll be visiting.
- Prepare for extreme weather, hazards, and emergencies.
- Always leave your itinerary with someone at home.

2. Travel in small groups to minimize impacts.

- Travel and Camp on Durable Surfaces
- Hike in the middle of the trail; walk through (not around) puddles/mud.
- Stay off of vegetation; walk on rocks where possible.
- Camp in designated sites where possible.
- In other areas, don't camp within 150 feet of water, trail, or a road.

3. Dispose of Waste Properly

- Pack out all trash (including toilet paper), leftover food, and litter.
- Use existing privies, or dig a 6-8 inch deep cathole at least 150 feet from water.
- Wash yourself and dishes at least 150 feet from water. If needed, use only small amounts of biodegradable soap.

4. Leave What You Find

- Leave rocks, plants, and other natural objects as you find them.
- Let photos, drawings, or journals help capture your memories.
- Do not build structures or furniture or dig trenches.

5. Minimize Campfire Impacts

- Use a portable stove to avoid the lasting impact of a fire.
- Where fires are permitted, use existing fire rings and collect only downed wood.
- Burn all fires to ash, put out campfires completely, and hide traces of fire.

6. Respect Wildlife

- Observe wildlife from a distance.
- Avoid wildlife during mating, nesting, and other sensitive times.
- Control pets at all times, and clean up after them.

7. Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Let natural sounds prevail; avoid loud sounds and voices.
- Be courteous and yield to other users; take breaks to one side of the trail.

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

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
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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!

