



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

Climate Reality



Whether it is severe storms such as Hurricane Sandy, extreme flooding, elevated global temperatures, expanding droughts, or melting ice and rising sea levels, climate change is having an increasingly adverse impact on our planet. SUNY Plattsburgh at Queensbury Branch Campus Dean, Dr. Steve Danna, has recently received training as a Climate Reality Leader through the Climate Reality Project and will present information about Climate Change's causes, problems, impacts, and solutions. This session is for those individuals concerned about our changing climate and interested in strategies to minimize climate change impacts for our generation and generations to come.

Dr. Stephen Danna has 25 years experience in teaching and administration, and prior to that, worked with the National Oceanic and Atmospheric Administration and U.S. Naval Oceanographic Office as an oceanographer. A middle school guest lecturer at a school assembly in Bay St. Louis, MS., led him to discover a hidden passion for education. A year later, he was teaching physics and chemistry to high school students in Glens Falls, N.Y. Dr. Danna has received teaching fellowships from Princeton University, University of Wisconsin-Madison, and Drew University, and was honored in 1997 with the National Science Teachers Association's Exemplary High School Science Teaching Award. He maintains an active blog on education and leadership topics (<http://racetothetopdannas.wordpress.com>), and has published papers with the National Staff Development Council, National Science Teachers Association, Journal of School Leadership, and Phi Delta Kappan.

In Dr. Danna's words, "I am deeply passionate about climate change. I understand the science, and it is frightening. However, I am a hopeful individual and believe it is within our power to change the carbon conversation and reverse the ominous trends presently occurring in our environment. There is a lot at stake, and this generation and generations to come depend on us to do the right thing."

Program

Climate Reality
With Stephen Danna
When: 7pm Jan. 15
What: Presentation

Where: Crandall Library

Chapter rents snowshoes

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

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

Chapter Members:

\$10/weekday; \$15/weekend

Non-Members:

\$13/weekday; \$18/weekend

Winter Trails Day!

Winter Trails Day is a nation-wide, family-friendly event, for children and adults to try snowshoeing and cross country skiing for free, with the goal of helping participants discover these winter sports and their many benefits.

ADK's Winter Trails Day, known as Winterfest, will be at its Heart Lake Program Center in Lake Placid on January 11! The Schedule is listed on Page 14.

In order to make this Winterfest possible, ADK needs volunteers to help out between 8am and 9pm.

More details for the event and volunteering can also be found at adk.org/page.php?pname=winterfest

A New Year = New Opportunities!

By Laura Fiske, Chapter Chair

As you read this column you are probably getting into the swing of a New Year and the resolutions and changes that come with it. You are also thinking about how you can give back to organizations you are passionate about.

Since you are all members of the Adirondack Mountain Club I urge you to support this organization either through a monetary donation or

a visit to the retail store or website. They have items for everyone, whether you are an avid outdoors person, a bookworm or a fan of all that's Adirondack.

I want to mention another donation opportunity. The Johns Brook Lodge committee is planning to replace the bunks at JBL this year and they are providing an opportunity to adopt a bunk. A memorial plaque will recognize your donation. If you are interested, contact Nathan Stokes, Chairperson of the JBL committee (stokesnm@gmail.com).

Lastly, I attended a chapter roundtable along with executive committee members Pat Desbiens and Jonathan Lane in November. One topic discussed was the recruitment of chapter leaders



“Resolve to get more involved!”

(hiking and administrative). My takeaway from this discussion was that you just have to ask. One thing the club and chapter needs is people to volunteer their time. At the chapter level we have three vacancies on the executive committee. We can always use additional hiking leaders as well. On the executive committee, there are openings for 2nd vice chair, publicity committee chairperson and annual dinner chairperson. If you don't have the time to commit to the

chairperson position we can use help behind the scenes. Both of these committees don't require a huge time commitment and can be accomplished with email and phone calls. The annual dinner committee makes the arrangement for the chapter annual dinner in October, a once a year event. The publicity committee sends emails to various news outlets and publications announcing chapter programs and outings. We even have guidelines to help you out! The 2nd vice chair position does require a greater time commitment and a desire to serve as the chapter chair eventually. If you want to help out and are not sure how please contact me and we can find something that fits your schedule and interests.

Resolve to get more involved!

Chepontuc Footnotes

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

Executive Committee Members

Officers:

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

First Vice Chair Kerri Healy
vicechair1@adk-gfs.org

Second Vice Chair vacant

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

Treasurer Steve Mackey
Phone: 793-6484 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 Wayne Richter
Phone: 893-7895 outings@adk-gfs.org

Programs Sarah King
Phone: 798-0615 programs@adk-gfs.org

Publicity vacant
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

What You Don't Know May Help You

Thomas Mowatt assistant professor of biology at SUNY Adirondack will discuss chemical factors that influence how current science technology has identified active compounds in the biochemistry of the white paper birch tree. These compounds have been identified as effective in the treatment of forms of cancer. Discussion topics will also include uses of the bark of the white birch by woodland Native American cultures, as in the Adirondack region, as part of traditional cultural handcrafts. Topics will include needs for increased environmental and cultural awareness. Tom Mowatt is an experienced environmental educator, Adirondack hiking and camping guide, naturalist-artist and traditional craftsman, living in a historic 1910 log cabin overlooking southern Lake Champlain. Previously, Mowatt was adopted into the Great Lakes Ojibwa tribe and is respected in the First Nations culture as a traditional craftsman and researcher of medicinal ethno-botany. He has also worked for the U.S. Forest Service as a forest firefighter and arson investigator, and was often requested by law enforcement agencies to work with search dogs in various capacities. Mowatt teaches cellular biology and criminalistics (forensic science) at SUNY Adirondack.

Program

What You Don't Know May Help You With Thomas Mowatt

When: 7pm Feb. 26
What: Joint Presentation with the Southern Adirondack Audubon Society

Where: Crandall Library

Education Corner

By Linda Rinado,
Education Chair

The Glens Falls-Saratoga Chapter of the Adirondack Mountain Club is presently seeking applicants in the 11 to 17 age group to sponsor for the 2014 summer camp season. The chapter pays the \$350 fee for selected youths to spend a week at either of DEC's environmental camps, Colby near Saranac Lake or Pack Forest just above Warrensburg. For those who prefer a more rugged experience which includes five days out in the woods with hands-on experience learning the ins and outs of trail maintenance, ADK's headquarters its own Teen Trail program. Selected applicants here will have a choice of five possible locations which in the past have included the High Peaks area, portions of the Northville-Placid Trail and the Lake George area, though several other areas fall into consideration dependent upon need. Again, the GF-S Chapter will cover the cost to participate.

Those interested may go to the chapter home page at adk-gfs.org. On its left hand side, under the Departments heading, click on the Education link to read more about these camp programs and to download applications and receive contact information. DEC applications **must** be in by December 31st as DEC is opening up its registration come mid-January and acceptance will be on a first come, first serve basis and registration must be done by the chosen candidate.

Fire Tower Challenge News By Kathi and Tim Noble

Winter is upon us, which means we will hopefully see some 'Winter Rocker' awardees come spring-time. Snowshoes, crampons and microspikes become essential gear for the next few months. Ice can be dangerous so please use caution on the trail. We have 10 new recipients of the Fire tower Challenge listed below. Congratulations to them all!

Jerry Smith
Jessica, Casey and Elliot Seems
Dan Stec
Richard Maxwell
Alan and Kirsten Benson
Maria Erdo
Sue Kenyon

The Banff Mountain Film and Book Festival is coming to Saratoga Springs on February 21, 2014!
Contact the Skidmore College Outing Club for more info!

kmiller1@skidmore.edu

Executive Committee Meeting Minutes

Minutes from November 6, 2013

Chapter Chair Laura Fiske put forth for consideration adopting an online project management tool to assist the Exec. Committee.

Wilderness Chair Jim Schneider reported that the Pharaoh Lake Wilderness is in great shape. The Backcountry Stewardship Program is having a positive impact on the cleanliness of the area.

Outings Chair Wayne Richter reported that the Chapter has 30 outing leaders who lead a total of 179 outings this past year. Leaders will be contacted and asked to either update or

submit bios for the website.

Past Chapter Chair Maureen Coutant reported that the annual dinner's expenses came in well within budget. She also reported that there was a good turn-out of Chapter members who participated in the October ADK Headquarters Workday.

Membership Chair Pat Desbiens reported that the Chapter gained 19 new members in September and that the EMS "Upgrade Your Gear" Days was successful in garnering members. She expressed appreciation to Tim & Kathi Noble, Margie Litwin and Bill Carpenter for their assistance with that event. A suggestion was made to recognize the Membership Volunteers at the annual dinner each year.

NEW MEMBERS - SEPTEMBER 2013

John & Barbara Axten, Rexford
Dan, Kristen, Daniel, William & Thomas Bobear, Greenfield Center
Brian Borie, Lake George
Caryn Coughtry, Saratoga Springs
Elizabeth DeLong, Queensbury
Peter Fedorick, Greenfield Center
Shawn, Carmen, Tara & Ryan Foley, Queensbury
Tricia & Harrison Freer, Queensbury
Anthony & Barbara Furco, Beacon, New York
Ronald Gorleski, Waterford
Roy Hansen & Valerie Brown, Glens Falls
Paul & Susan Hare, Ballston Lake
Wendy Hitchcock, Ballston Spa
Marc, Lisa, Zachary & Emma Horwitz, Middle Grove
Steven Joiner, Queensbury
Robert & Vancelle Jones, Gaithersburg, Maryland
Gerard & Zoriana Mangione, Ballston Lake
Tia Migliaro, Albany
Bryan Minch, Saratoga Springs
Tim Moore, Hudson Falls
Daniel Nedwell, Claverack, New York
Mary Nyhan, Burnt Hills
Thomas, Heather, Jacob & Grace O'Brien, Galway
Jenny Olin, Saratoga Springs
Timothy Rhamstine, Ballston Spa
Adam Stevenson, Clifton Park
Chris Swanson, Queensbury
Scott, Victoria & Felicia Vanier, Queensbury
Todd Warren, Burnt Hills
Paul Wasserman, Ballston Spa
David White, Schenectady
Francis Willis, Queensbury
Christopher Willis, Montgomery, Alabama

REJOINED MEMBERS - SEPTEMBER, 2013

Michael Baker, Queensbury
Kathy, Michael & Casey Bechard, Queensbury
David Colomb, Lake George
Christine Crook, Queensbury
Brendan, Sheila, Sean & Jacqueline Delay, Westlake, Ohio
David Feltz, Schroon Lake
Lou Foro, Queensbury
Denise & Richard Galarneau, Saratoga Springs

Mark Havis, Niskayuna
Lauren Hurd, Clifton Park
Tara & Paul Kilmartin, Queensbury
Michael McLean, Colton, New York
Robert Nygard, Saratoga Springs
Bill Reagan, Cambridge
Aaron & Moriah Roberts, Glens Falls
Sally Stanley, Greenwich
Patricia Wells, Saratoga Springs

NEW MEMBERS - OCTOBER, 2013

Christopher & Courtney Barnes, Hoboken, New Jersey
Ryan Belair, South Glens Falls
Barbara Bell, Greenwich
Barbara Black, Argyle
Susan Booth-Binczik, Silver Bay
Kathy Cerny, Lake George
Sandra Deeb, Queensbury
David & Lorraine Forcier, Hudson Falls
Emily Forcier, Hudson Falls
James Gaylord, Greenfield Center
Sames & Kristen Geroux, Fort Edward
Chris Greco, Ballston Spa
John Harvey, Queensbury
James Hood, Glens Falls
David Howe, Saratoga Springs
Chris MacCormick, Saratoga Springs
David Manley, Hudson Falls
Sydney Morrell, Saratoga Springs
Richard & Joanne Nawrot, Adirondack
Alexandra Patounas, Fort Ann
Amy Reinink & Steve Bravo, Saratoga Springs
Stephanie Rendo, Ballston Spa
Mark Schrader, Glens Falls
Peg Sheehan-Nolan, Glens Falls
Katrina Williams, Jeff, Kiernan & Eliza Lockwood, Queensbury

REJOINED MEMBERS - OCTOBER, 2013

Peter & Dianne Bly, Fort Ann
Marsha LaPointe, Ticonderoga
Nancy Lyons, Gansevoort
Sharron & Rick Simmonds, Queensbury

Outings and Programs Schedule

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

Date	Day	Type	Destination	Leader(s)	Rating
January					
1	Wed	Hike/Snowshoe	Winter Saranac 6er Ampersand Mt.	Jack Whitney	B
1	Wed	Hike/Snowshoe	Annual Buck Mountain New Years Day Hike	Reg Prouty, Bob Aspholm	B-
4	Sat	Hike/Snowshoe	YMG - Tabletop with possible Phelps add on	Jen Shepherd	A
5	Sun	Hike/Snowshoe	Winter Saranac 6er Challenge McKenzie & Haystack Mts	Jack Whitney	B+
6	Mon	Geocache	Monday Geocache	Sarah King, Mo Coutant	NR
7	Tue	Walk/Ski/Snowshoe	Tuesday Treks	Mo Coutant	NR
8	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
11	Sat	Hike/Snowshoe	Northwest Bay Uplands	Jayne Boudier	A
12	Sun	Hike/Snowshoe	Winter Saranac 6er challenge Scarface Mt.	Jack Whitney	B
14	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
18	Sat	Bushwack	Catamont Cliffs	Jayne Boudier	A
18	Sat	Snowshoe	Haystack	Steve Mackey	A+
19	Sun	Hike/Snowshoe	Saranac 6er - Ring The Bell	Jack Whitney	B
21	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
25	Sat	Hike/Ski	Pyramid & Gothics	Steve Mackey	A
25	Sat	Hike/Ski	Mount Jo	Reg Prouty	C+
25	Sat	Hike/Snowshoe	Stillwater Locks Eagle Watch Hike/Snowshoe	Rich Crammond	C
26	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
28	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
February					
2	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
3	Mon	Geocache	Monthly Geocache Outing	Sarah King, Mo Coutant	NR
4	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
5	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
8	Sat	Hike/Ski	Colvin & Blake via The Ausable Club	Michael McLean	A+
8	Sat	Hike/Snowshoe	YMG - Slide Mt - Catskills High Peak	Jonathan Lane, Rachel Lane	B+
9	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
9	Sun	Ski	Leader's Choice Local Ski	Bill Schwarz	B
11	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
15	Sat	Bushwack	Avalanche from Caribou Pass	Jayne Boudier	A
16	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
18	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
22	Sat	Hike/Snowshoe	Basin and Saddleback	Mike Fuller	A+
22	Sat	Hike/Snowshoe	Heart, Bear, and Rock Pond Loop	Reg Prouty	C+
23	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
25	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
26	Wed	Program	"White Birch: What You Don't Know May Help You"	Sarah King	NR
March					
1	Sat	Bushwack	Hoffman	Jayne Boudier	A
1	Sat	Hike/Snowshoe	Iroquois	Mike Fuller	A+
2	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
2	Sun	Ski	Botheration Pond Loop	Bill Schwarz	B+
2	Sun	Snowshoe	Giant and Rocky Peak	Steve Mackey, Rick Lennox	A
3	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
4	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
5	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
8	Sat	Ski	Cross- Country Ski	Reg Prouty	C
9	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
11	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
15	Sat	Hike/Snowshoe	Allen 'The Big Nasty'	Mike Fuller	A+
16	Sun	Walk/Ski/Snowshoe	Colvin and Blake	Steve Mackey, Rick Lennox	A+
18	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
25	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR

Outings Detail

WINTER SARANAC 6ER AMPERSAND MT. - [Hike/Snowshoe]

Wed, Jan 1, 2014, 7:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- Join us on the first day of the year for the grand views. The Winter Saranac 6er challenge requires that you hike the six peaks which include Baker, McKenzie, Haystack, Scarface, St. Regis and Ampersand Mountains. Ampersand is 5.4 miles round trip with an ascent of 1,775 ft. and 3,054 feet of elevation. Call or e-mail leader for details.

ANNUAL BUCK MOUNTAIN NEW YEARS DAY HIKE

Wed, Jan 1, 2014, 8:00 am, Rating: B-
Reg Prouty - 518-747-9736
Colead: Bob Aspholm - *518-683-4970
- We will again celebrate New Years by climbing the popular Buck Mountain from the Pilot Knob side, as it is the easiest to get to in winter. It is only about five miles round trip with moderate climbing with a few steeper spots. There will be plenty of time to have lunch and sing Auld Lang Syne on top about noon or a little earlier.

YMG - TABLETOP WITH POSSIBLE PHELPS ADD ON - [Hike/Snowshoe]

Sat, Jan 4, 2014, 5:30 am, Rating: A
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- This is for all you 46er's working on your winter round or just experienced hikers looking for winter trail fun! The main plan is to hike/snowshoe Tabletop from the Loj. If the weather is good, we make good time, and the group is interested, we will add Phelps on the way back through. Roundtrip just Tabletop is 10 miles with 2600+ ft of elevation gain. Add 2 more miles and a bit more elevation should we add Phelps. Pack plenty of warm layers and especially food/fluids. Contact hike leader if interested and to sign up. Meet location and required gear will be given. Emails are faster and preferred. Provide full name and contact number if emailing. No phone calls after 7pm please. Sign ups no later than Thursday before the hike. Bad weather will cancel. See you on the trails!

WINTER SARANAC 6ER CHALLENGE MCKENZIE AND HAYSTACK MTS - [Hike/Snowshoe]

Sun, Jan 5, 2014, 7:00 am, Rating: B+
Jack Whitney - 793-9210, jack1758@roadrunner.com
- McKenzie is one of the more difficult climbs of the challenge. You will need good climbing snow shoes and microspikes or crampons. This hike/snowshoe is 7.2 miles round trip; add two miles round trip for Haystack. Call or e-mail leader for details.

MONDAY GEOCACHE

Mon, Jan 6, 2014, 9:00 am, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. If they aren't too recent, then Sarah has probably already found them! So we leave it up to Sarah to plan where we go each month. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY TREKS - [Walk/Ski/Snowshoe]

Tue, Jan 7, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- Each week we'll walk/hike/ski/snowshoe within an hour of the Glens Falls/Saratoga area. We may change to another day of the week if the forecast for Tuesday is not good. So, call or email Monday to check where and when we'll be going.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Jan 8, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting- Carl R's, exit 18

NORTHWEST BAY UPLANDS - [Hike/Snowshoe]

Sat, Jan 11, 2014, 7:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- This 1,300-acre watershed of Northwest Bay Brook lies west of Clay Meadows, and is owned by the Lake George Land Conservancy. It has mountains, swamps, knobs, brooks, and a pond that we can explore via old roads and trailmarked woods. We'll hike/snowshoe approximately seven miles, and 1,800 ft. ascent. The A rating stands for 'all day,' at a moderate to leisurely pace.

WINTER SARANAC 6ER CHALLENGE SCARFACE MT. - [Hike/Snowshoe]

Sun, Jan 12, 2014, 7:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This is the fifth Saranac 6er peak. Roundtrip 6.8 miles / Ascent: 1480' / Elevation 3353.' If time permits we will add Baker Mt. with a round trip of 1.8 miles. Call or e-mail leader for details.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Jan 14, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 7th

CATAMONT CLIFFS - [Bushwack]

Sat, Jan 18, 2014, 7:30 am, Rating: A
Jayne Boudier - 518-793-3770, 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 open, otherwise we will start from the Deer Leap trailhead as McMartin describes. Distance is about seven miles with 1,200 ft. ascent from Wardsboro Rd. And, it's a great hike! McMartin's route is slightly farther, with four ft. less ascent, but would be more adventurous because I've never done it. Either way, this will be an all day hike at a moderate to relaxed pace.

HAYSTACK - [Snowshoe]

Sat, Jan 18, 2014, 6:00 am, Rating: A+
Steve Mackey - 793-6484, smackey33@verizon.net
- My daughter got most of the winter 46 back when she was in high school. She is finally going to be home long enough that we are going to plan to finish today. She finished the original 46 on Haystack and we had a beautiful day, so let's hope we do again. I plan on leaving from the Garden and going by Slant Rock. This hike is approximately 18 miles. I will bring some rope in case the south side of Little Haystack is icy.

SARANAC 6ER - RING THE BELL - [Hike/Snowshoe]

Sun, Jan 19, 2014, 7:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- Ring the bell! Today we will be finishing up the Winter Saranac 6er challenge (weather cooperating). Mountain will be determined by what mountains we previously have not been able to climb due to weather or other unforeseen circumstances. Call leader for details the week before the hike.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Jan 21, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 7th

PYRAMID & GOTHICS - [Hike/Ski]

Sat, Jan 25, 2014, 7:00 am, Rating: A
Steve Mackey - 793-6484, smackey33@verizon.net
- I've led this trip the past several years, so that fact that I'm leading it again, means it's pretty spectacular. We will ski in the Ausable Road, then drop our skis off near Lower Ausable Lake and snowshoe from there. We've had people that don't ski go, and they made it okay, but it is really a fun ski out. (Plus we wiz by the snowshoers like they are standing still). The road is 3.5 miles and the climb is 2.74 miles (one way). The upper part of Pyramid is extremely steep and the summits of both peaks can have very strong winds.

Outings Detail

MOUNT JO - [Hike/Ski]

Sat, Jan 25, 2014, 8:00 am, Rating: C+
Reg Prouty - 518-747-9736
- Mount Jo is an easy 1.3 mile 700 ft. ascent mountain. But, since it is 2,876 feet high, it has great views of Heart Lake and the High Peaks region. Some is steep, but not for long. Round trip from the ADK Loj parking lot is 2.6 miles via the less steep route. We will meet at the Glens Falls Panera at 8 AM.

STILLWATER LOCKS EAGLE WATCH HIKE/SNOWSHOE

Sat, Jan 25, 2014, 9:00 am, Rating: C
Rich Crammond - 584-2380
- This outing will be around one mile along the Hudson and Hoosick Rivers. Field glasses, warm gear, and Eagle eyes will come in handy! We will meet at the small parking area between the channel and canal bridges, Stillwater Lock No. 4. Please call leader to sign up and for more information. See you there!

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Jan 26, 2014, 7:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- We will continue to work on the Winter Fire Tower Challenge - mountain to be determined closer to the date of the hike or even the date of the hike determined by weather and conditions. Please call or e-mail leader the week before the hike to determine what mountain we will be hiking. When contacting leader, please leave a telephone number where you can be reached.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Jan 28, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 7th

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Feb 2, 2014, 7:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- See Jan 26th

MONTHLY GEOCACHE OUTING

Mon, Feb 3, 2014, 9:00 am, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- See Jan. 6

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Feb 4, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 7th

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Feb 5, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board meeting Saratoga-Wesley Health Center

COLVIN & BLAKE VIA THE AUSABLE CLUB - [Hike/Ski]

Sat, Feb 8, 2014, 7:00 am, Rating: A+
Michael McLean - 315-262-2564, mpmclean@twcny.rr.com
- A trip up the Lake Road and then up Colvin and Blake we will go, approximately 14 miles round trip. Should winter conditions prevail with powder snow, the trip leader hopes to ski up and down the Lake Road as well.

YMG - SLIDE MT - CATSKILLS HIGH PEAK - [Hike/Snowshoe]

Sat, Feb 8, 2014, 7:00 am, Rating: B+
Jonathan Lane - 744-4594, saratogahiker@infogorp.com
Colead: Rachel Lane
- Slide is the highest point in the Catskills, but the hike is only about 5.4 miles round-trip. We'll hike at a comfortable, moderate pace and enjoy the beauty of the Catskills in winter. Contact leader to sign up and get meeting/carpool location.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Feb 9, 2014, 7:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- See Jan 26th

LEADER'S CHOICE LOCAL SKI

Sun, Feb 9, 2014, 8:00 am, Rating: B
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- Let's hope for some local snow so we can take a shorter trip-- maybe the battlefield, or feeder canal towpath, or groomed trails in Wilton or Glens Falls. You should be at least a novice skier with some off-groomed-trails experience. We'll ski about four hours and then look for lunch nearby--but bring snacks and water for the trail, too. Lack of snow may cancel, or make this a hike.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Feb 11, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 7th

AVALANCHE FROM CARIBOU PASS - [Bushwack]

Sat, Feb 15, 2014, 4:00 am, Rating: A
Jayne Boudier - 518-793-3770, boudier@verizon.net
- We'll go 3 miles on trail, past Marcy Dam, and up to the Kagel Lean-to. There we'll cross Marcy Brook, and head up Caribou Pass (on an overgrown road) for better than a mile, and scramble steeply to the summit. Hike is approx. 9 miles (including at least 2.5 off-trail), and 2000 ft. ascent, at a moderate pace. High water will cancel.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Feb 16, 2014, 7:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- See Jan 26th

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Feb 18, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 7th

BASIN AND SADDLEBACK - [Hike/Snowshoe]

Sat, Feb 22, 2014, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmalloy55@hotmail.com
- I did this hike last winter and had a great turnout, so here it is again. It's a big day so know your limits. We'll use Shorey Shortcut to Basin and I'll bring my rope/waistband for Saddleback where it's a team effort to get everyone up safely. No calls after 7:00pm night before hike or morning of hike.

HEART, BEAR, AND ROCK POND LOOP - [Hike/Snowshoe]

Sat, Feb 22, 2014, 9:00 am, Rating: C+
Reg Prouty - 518-747-9736
- This 4.5 mile loop starting at the Putnam Pond State Campsite makes a nice mid-winter snowshoe to three of my most favorite ponds in the Pharaoh Lake Wilderness Area. It is mostly level with some gradual ascents typical of this region. Rock Pond has a toppled old boiler reminiscent of old mining days with a nearby cave with an underground stream with a red colored bed due to all the iron in the soil.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Feb 23, 2014, 7:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- See Jan 26th

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Feb 25, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 7th

Outings Detail

"WHITE BIRCH: WHAT YOU DON'T KNOW MAY HELP YOU" - [Program]

Wed, Feb 26, 2014, 7:00 pm, Rating: NR

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

- This joint program between ADK and Southern Adirondack Audubon Society will be held at Crandall library. Thomas Mowatt, assistant professor of biology at SUNY Adirondack will discuss chemical factors that influence how current science technology has identified active compounds in the biochemistry of the white paper birch tree. These compounds have been identified as effective in the treatment of forms of cancer. Discussion topics will also include uses of the bark of the white birch by woodland Native American cultures, as in the Adirondack region, as part of traditional cultural handicrafts. Topics will include needs for increased environmental and cultural awareness.

HOFFMAN - [Bushwack]

Sat, Mar 1, 2014, time TBD, Rating: A

Jayne Boudier - 518-793-3770, boudier@verizon.net

- From Big Pond, we'll head north up a nice hard-wooded ridge (with views east) toward Hoffman's thick, sprucey, summit. But a few minutes further is an excellent peek at Elk Lake and the High Peaks. This bushwack is 11 miles (eight are trail-less), 2,500 ft ascent, at as moderate a pace as possible.

IROQUOIS - [Hike/Snowshoe]

Sat, Mar 1, 2014, 5:00 am, Rating: A+

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

- Depending on conditions and group we'll use Avalanche Pass route for the ascend or return. This is a big day so know your limits. No calls after 7:00 night before hike or morning of hike,

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Mar 2, 2014, 7:00 am, Rating: B

Jack Whitney - 518-793-9210, jack1758@roadrunner.com

- See Jan 26th

BOTHERATION POND LOOP - [Ski]

Sun, Mar 2, 2014, 8:00 am, Rating: B+

Bill Schwarz - 307-6091, bschwarz@nycap.rr.com

- Let's try it again--I finally got to ski this loop off the Siamese Ponds trail twice last year and it was great! This is a six-mile backcountry tour (no beginners!) with mild ups and downs; we may be breaking trail so metal-edged skis are a plus. Bring lunch, water, and a sense of adventure. Poor snow conditions may mean we go nearby to Garnet Hill ski center, which charges a fee. And there may be a stop in North Creek for coffee or hot chocolate on the way home.

GIANT AND ROCKY PEAK - [Snowshoe]

Sun, Mar 2, 2014, 7:00 am, Rating: A

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

Colead: Rick Lennox - rick@groupw.com

- We will go up Giant from the Chapel Pond trailhead, then go over to Rocky, and then climb back up Giant. Total distance is around 8.5 miles. The climb back up Giant is a killer.

MONTHLY MONDAY GEOCACHE

Mon, Mar 3, 2014, time TBD, Rating: NR

Sarah King - 744-9348, scubakings@roadrunner.com

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

- see Jan. 6th

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 4, 2014, time TBD, Rating: NR

Mo Coutant - 745-7834, mojim@roadrunner.com

- See Jan 7th

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Mar 5, 2014, 7:00 pm, Rating: NR

Laura Fiske - 888-888-8888, lheacox@nycap.rr.com

- Board Meeting- Carl R's Exit 18

CROSS-COUNTRY SKI

Sat, Mar 8, 2014, 9:30 am, Rating: C

Reg Prouty - 518-747-9736

- The location of this cross-country ski trip will be fairly close to Glens Falls or Saratoga depending upon snow conditions in the area. Possible locations could be Cole's Woods in Queensbury, Wilton Wildlife, or several possible locations in the Warrensburg area. Hopefully we will have a lot of good snow base this winter and some nice fresh powder the day of the outing. My preference would be Cole's Woods as there are numerous loops possible with some good fun filled hills to enjoy.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Mar 9, 2014, 7:00 am, Rating: B

Jack Whitney - 518-793-9210, jack1758@roadrunner.com

- See Jan 26th

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 11, 2014, time TBD, Rating: NR

Mo Coutant - 745-7834, mojim@roadrunner.com

- See Jan 7th

ALLEN 'THE BIG NASTY' - [Hike/Snowshoe]

Sat, Mar 15, 2014, 5:00 am, Rating: A+

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

- Winter's most fun hike? Or is it? I've had a great time leading this in summer and winter. We should have plenty of daylight for last week-end of winter. Its 18+ miles, so know your limits. No calls after 7:00 pm night of hike or morning of hike.

COLVIN AND BLAKE - [Walk/Ski/Snowshoe]

Sun, Mar 16, 2014, 6:30 am, Rating: A+

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

Colead: Rick Lennox - rick@groupw.com

- I know that Mike McLean is leading this in February, but Rick needs them and he can't make Mike's trip. We will also try and ski the road if possible, but non skiers are welcome. It is approx. 14 miles round trip. We plan on going up the regular trail, because I think you can't take the trail from the lakes anymore, but I will check on it. Plan on being annoyed on how far away Blake is.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 18, 2014, time TBD, Rating: NR

Mo Coutant - 745-7834, mojim@roadrunner.com

- See Jan 7th

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 25, 2014, time TBD, Rating: NR

Mo Coutant - 745-7834, mojim@roadrunner.com

- See Jan 7th

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

There are three programs:

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

www.winterschool.org

Trip Reviews

Tuesday Evening Paddle Tue, Aug 6, 2013, Maureen Coutant and The Mackeys

- We had several kayakers attend, that normally kayak with the Capital District Kayakers Group (Sea Dogs). We put in, in the Hudson, near the Harry Betar Park in South Glens Falls and then paddled upstream as far as the Dam, near the beginning of the Feeder Canal Trail. We then turned around (and got the sun out of our eyes) and got to take advantage of the current. There was a concert going on in the Park at the take out, so several of us went up and stayed until the end. 10 Participants: Lise Fuller, Nancy Lyons, George Sammons, Tina Crook, David Naylor, Paul Dietershagen, Suzanne Pierce, Tom Moeller, Steve and Licia Mackey.

Allen Peak Sat, Aug 17, 2013, Mike Fuller

- The people, weather and a 46er finisher made Allen another great summer hike. With a first thing in the morning Hudson foot-soaking then we started with our hiking boots. I sure miss the floating bridge at Lake Jimmy. For many this was their first time to Allen. I told my story of my first winter hike to Allen with legendary hike leader Ron Lester who named the peak 'The Big Nasty' but that is just in the winter. With the combination of old logging roads and well worn trails it made for an enjoyable time to Skylight Brook. A short break, a warning of the Red Slime and we were on our way up. The slide treated us to some first views. Wow! The Red Slime was not as bad this year! Soon we were all on the summit. Now, to celebrate everyone's first time on Allen. Congratulations to Cecilia for her 46er finish and to the others for adding another peak to their list. After a champagne toast and lunch we headed back, where we passed many hikers headed up. I stopped for a short swim in the Hudson, we got out with light to spare. A really great day with great people. 12 Participants: Daniel Stewart, JP Martin, Bob Mueller, Leighann Helson, Maryanne MacKenzie, Nancy Kass, Joe Babcock, Cecilia Elwert, Aaren Harris, Renee Melfi, Sue Atwood, Mike Fuller.

Tuesday Evening Paddle Tue, Aug 20, 2013, Maureen Coutant

- It was a warm evening, but nice on the Hudson River just upstream of the Feeder Canal Dam. The water was smooth as glass, which was quite a contrast with the conditions last year when we paddled this section with almost white caps! We paddled up to the 'booms,' used during the logging years on the river. On our return trip we were treated to a fairly close swim by a couple of beavers. One came within a few yards of George's boat. An osprey also flew right over us fairly low, so it was a great evening out! 6 Participants: Stewart Brown, Mo Coutant, Mark Janey, Dave Naylor, George Sammons, and Charlotte Smith.

Saddleback and Basin Sat, Aug 24, 2013, Wayne Richter

- Wow! Probably the best hiking weather of the summer, two great peaks and a wonderful group made for a fabulous day. We were lucky enough to get a few places in the Garden lot and several of us ferociously guarded the one remaining spot while we shuttled two cars to and from Marcy Field. A cold front the night before gave us a chilly start to the day but brilliant sunshine and some time on the trail soon had us warmed up. A snack at Johns Brook Lodge and another at Slant Rock, and we were on our way up the first ascent along the Shorey Short Cut. We rested and regrouped at the junction with the Range Trail, then made the big climb to Basin. We spent nearly an hour on the summit enjoying the sun and the view or, in JP's case, a snooze before heading for Saddleback. The climb was formidable as always but, working together, we got everyone up in good form. The new slide on Saddleback was fun for all and we made it out before dark. 15 Participants: Susan Atwell, Nicole Durocher Beaulne, Jennifer Ferriss, Helen Hokula, John Kwasnowski, Michael Letzring, JP Martin, Eleanor Molinary, Gino Radovic, Patrick Reilly, Wayne Richter, Nick Ringelberg, Mark Rye, Mike Sutherland, and Kathy Sutherland.

Lost Gorge Sat, Aug 31, 2013, Jayne Boudier

- Little rain was forecast, but down clouds and dripping trees made up for it. We were sopped in no time. But a gorge is a great place to be when no views are to be had, even though the wet rock was not as user friendly as usual. Lost gorge is dramatic, and beautiful, and they liked it! This day needed an exemplary group, appreciative, full of good humor, and looking for adventure. Here they are; 5 Participants: Pete Benoit, Pete Biesemeyer, Jayne Boudier, Scott Cooper, and Glen Watson.

Pharaoh Mtn. Sat, Aug 31, 2013, Reg Prouty

- Despite a socked in summit and threatening rain showers, it was a warm summer day with no bugs and all six of us realized that there are actually four summits, not three, on Pharaoh. Even though we had no views we had a relaxing lunch on the East summit. 6 Participants: Reg Prouty, Dan Monroe, Jack Whitney, Tory Stephens, Mayumi Kate, and Dave Perkins.

Dial/Nippletop Sat, Sep 7, 2013, Bill Morse

- No rainout today. A good climb up Bear Den and Dial, although some members started out way too fast. We paid later for that quick start. Other than that, a good climb to Dial and onto Nippletop. Good fall like temperatures and no sign of any bugs. A bit windy on top of Nippletop, but not much off the summit. The trip down to Gill Brook was steep at first, but it is downhill rather than up and down. Gill brook was very low but still looked inviting for a dip. But no takers, although some members want to come back and picnic by the brook. Trips always end with the never ending Lake Road. Great hike and we beat the rain. 12 Participants: Nick Ringelberg, JP Martin, Cheryl Agris, Sandy Demers, Patrick Reilly, Susan Keely, Rebecca Schmoyer, Joann Walczak, Colleen Downing, Karen Burka, Joe Burka, and Bill Morse.

Monday Geocache Mon, Sep 9, 2013, Sarah King and Maureen Coutant

- Well, once we arrived at county home bridge in Warrensburg to begin our paddle on the Schroon River, our group of six paddlers soon became a group of five as Mo discovered that Jim had taken her paddles out of the car! We missed you Mo! So our group of five set out to paddle upstream and look for some geocaches. Checking the water level on the gauging station website, and seeing that the water was quite low, I put a call in to Licia to bring her garden hoe. That might seem like an odd request but many of the caches placed on the Schroon are small tubes or pill bottles Ziptied to branches over the river. Having taken this trip last year, we learned that a garden hoe was an ideal tool to grab those branches and reach the caches. The weather was great and we enjoyed a leisurely paddle and managed to find 10 caches as we paddled upstream. Many we were able to log from the seat of our kayaks but a couple required getting out on an island or on the shoreline. Thanks to Brian and Licia for doing the dirty work! We returned to the bridge and enjoyed homemade banana bread compliments of Licia and some delicious brownies made by Jeanne. A great trip with great company. We left the bridge at 9:15am and returned at 1:45pm for a total of seven miles. 5 Participants: Sarah King, Licia Mackey, Brian Nichols, Jeanne Phillion-Nichols, and Marjory Moeller.

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Trip Reviews

Tuesday Evening Paddle Tue, Sep 10, 2013, Maureen Coutant and The Mackeys

- I actually did this trip a week early on 9/5, but intended to do another trip the following week on 9/10. Appointments and weather got in the way on the scheduled week ... so it was good we got out the week before. We paddled on the downstream section from the Spier Falls Dam on the Hudson. This section is always so nice with little boat traffic and surrounded by mountains. We'll have to come back to enjoy it in October when the mountains are full of color. 14 Participants: Jim Brown, Mo Coutant, Carolyn Curren, Sandra Deeb, Bill Glendenning, Judith Halstead, Licia and Steve Mackey, Tom Moeller, Dave Naylor, Andrew and Anne Paolano, George Sammons, Charlotte Smith.

Dix and Hough Sat, Sep 14, 2013, Wayne Richter

- What I think was the clearest air of the summer treated us to terrific views. From the summit of Dix we even saw the bridge on Lake Champlain. With a trip to Hough in between, we had two very quite different experiences on Dix. On the way in, clouds partially covered some of the higher summits and made for interesting patterns all around. On the way out, the clouds had lifted to give us a bright Great Range and clarity as far as the Santanonis. Our trip over and back to Hough was wonderful – the climb back up the ridge to Dix's Beckhorn is one of my favorites. Add a little adventure with a yellow jacket nest on the trail, and we had a great day. Thanks to John for posting some terrific annotated photos. 11 Participants: Susan Atwell, Alex Gaylord, Leighann Helson, Helen Hokula, John Kwasnowski, JP Martin, Wayne Richter, Nick Ringelberg, Jacques Roeth, Maureen Roeth, and David Sherman.

YMG - Camel's Hump - Vermont High Peak Sun, Sep 15, 2013, Jonathan Lane

- What a spectacular day! The weather was perfect and we enjoyed incredible views from the summit. A wonderful day with great people! 4 Participants: Debra Hummel, Jonathan Lane, Ethan Lawas, and David White.

Beenies Brook Slide - Lower Wolf Jaw Sat, Sep 21, 2013, Steve Mackey

- We started from the Garden under partly sunny skies. Hoping for a shorter walk in, we gave the South Side Trail a try and found Johns Brook low enough for a safe, easy crossing. Bennies Brook Slide is marked by a huge cairn, but the debris below the slide removed any doubt. The slide began gently but soon steepened. Other than some slippery algal spots where the water was running, our ascent went well. We initially had fine views of early fall color across the Johns Brook Valley. As we went up, though, the clouds came down and we were soon socked in with high winds that made us think more of the middle of November. Surprisingly soon, we reached the headwall near the top of the slide, and exited into the woods via a herd path to the left. Fifteen minutes later, we were on the summit of Lower Wolf Jaw with only the clouds and the wind for company. As we descended from Wolf Jaw Notch, the skies cleared, the wind dropped and mid-September returned. We did some rock hopping along beautiful Johns Brook on our way back to complete the day. 2 Participants: Steve Mackey and Wayne Richter.

Noonmark Mountain Sun, Sep 22, 2013, Jen Shepherd

- The forecast for our little outing looked pretty dreary. Not wanting to give in to the rain, the hike went on as planned though I did push the meet time back a little. Once the group gathered, they had the option of the short & steep trail or the longer & more gradual trail. Short & steep won and we were off to the Ausable Club. As we made our way toward Keene Valley, the skies were clearing up to a vibrant blue with brilliant fall colors all around us. So much for that rain! It was a beautiful fall day with the promise of potential cloud cover as time ticked on. At our first viewpoint we were treated to a rainbow in front of the Great Range! The trail was tricky with wet rocks, roots and leaves but we made our way up without incident.

The summit was windy and had a winter chill. We bundled in layers, enjoyed a quick refuel and got some photos. A stealthy ninja snuck up on us followed by a shirtless man in shorts (it was really cold up there!). You just never know what you're going to see in the Adirondacks! After a hasty retreat to lower levels we got a group shot and made great time back to the cars enjoying typical 'trail talk.' What hike up Noonmark Mountain wouldn't be followed up by coffee and pie at the Noonmark Diner? Thanks to everyone for coming and the enjoyable day, hope to see you on the trails again soon! 7 Participants: Jen Shepherd, Leighann Helson, Erica Halbrook, Joanne Walczac, Susan Keeley, Brad Campinell, and Brian Keech.

Tuesday Evening Paddle Tue, Sep 24, 2013, Maureen Coutant and The Mackeys

- This week we paddled in the Dunhams Bay section of Lake George for a little while and then headed into the wetland area. When we were out in the bay we had to paddle around a scuba diving area. They were just packing things up and said they were pulling milfoil ... or looking for it. They said there was plenty of it there. Too bad. We retreated back to the wetland to avoid the waves and had a nice paddle. The leaves weren't even close to peak, but there was enough color to make it even prettier than normal! 7 Participants: Mo Coutant, Tina Crook, Paul Dietershagen, Ally Olsen, Licia and Steve Mackey, Charlotte Smith.

Giant and Rocky Peak Traverse Sat, Sep 28, 2013, Mike Fuller

- Wow! I finally got the weather for a perfect traverse hike. We started out by spotting Nick's pickup at the New Russia Trailhead then back to Chapel Pond for our start up Giant. Perfect temps and not a cloud in the sky; we stopped quite a few times to take in the views. In less than 3 hours we were on Giant. With a day like this trailheads must of been packed everywhere. Soon it was off to Rocky where Katherine added another peak to her 46er conquest. After some lunch we stopped at Marie Louise Pond then on to Bald. I told the story of my traverse in 2000 where I hitchhiked back 9 and 73 back to Chapel Pond, I got a ride the last two miles. Soon we passed The Balance Rock and Blueberry Cobble where we met Bill and Mary Farstad; they were on this same hike with me last year and we had no views. Now we were dropping down into the hardwoods. Just before the parking lot we visited a small old cemetery. Two soldiers from the 1700's are buried there. Then, we did a quick ride back to Chapel Pond. A great day. 5 participants: Wayne Richer, Nick Ringelberg, Chris Greco, Katherine Bannigan, and Mike Fuller.

Big Slide via The Brothers Sat, Sep 28, 2013, Reg Prouty

- Even though we arrived at the garden parking lot at 7:20 A.M. we discovered the lot had filled up the night before at 9:00 P.M. So we drove to Marcy Field and got the shuttle. As the shuttle does not go all the way back to the garden when the lot is full, as they say, they cannot turn it around, we were left off a few tenths of a mile down the road. We began our hike at 8:00 and 4 1/2 hours later arrive at a crowded summit with about 50 people on it. Reg played the Star Spangled Banner on his pocket trumpet and Oh Canada as there were about 80% Canadians up there. Since the men knew we could not make it back by 6 P.M. to get the shuttle, the ladies who were faster said they would leave the summit at 1:20 and we arranged to meet them at 7:15 in the Garden. The guys returned via the Slide Brook Trail and the Phelps trail arriving at the garden at 6:45. It was a bright sunny gorgeous day to enjoy the views of the Great Range. Thanks to the ladies for catching that shuttle and saving us an extra 3.6 mile walk on the roads. 5 Participants: Reg Prouty, Ray Boucher, Judy Halstead, Bob Morrissey, and Peg Nolan.

Marshall Peak and Plane Crash Site Sat, Oct 5, 2013, Mike Fuller

- This hike filled up early and had a waiting list. We started in at Upper Works under gray skies but as an upbeat group. October gave us plenty of color and with a fairly dry trail we were soon at

Trip Reviews

the Henderson Monument. Calamity Pond with the tree line disappearing into the low clouds makes you enjoy any kind of Adirondack weather. Off to Flowed Lands and then to Herbert Brook where we started our climb. The brook with little flow gave us easy going, soon my favorite spot, the alpine bog. There's something beautiful about the mist moving through this area. Getting close to the summit, I started to hear cheers; Nancy Kass had finished her 46. "Congratulations Nancy!" She had done the 46 in less than a year and her daughter Katie was there to see her mom finish. We had a champagne toast, took photos, ate lunch, and then we were off to the plane wreck. Cold Brook Trail was dry compared to last year. At the plane there were plenty of photos and Tom had a copy of the crash history. Then we were off to Lake Colden, with a break at Flow Land Lean-to, and out. Hey! it never rained! Congratulations to everyone who needed Marshall. Participants: Greg Greco, Nancy Kass, Katie Ward, Joe Babcock, Wayne Richter, Leighann Helson, Jen Shepherd, John Kwasnowski, Helen Hokula, JP Martin, Marti Townley, Tom and Nancy Hayhurst, Eleanor Molinary, Karen and Joe Burka, Colleen Downing, and Mike Fuller.

Monday Geocache Mon, Oct 7, 2013, Sarah King

- This week we decided to stick close to home and explored some areas of French Mtn that we haven't been to. We wandered around the south side of the mountain and found three or four geocaches. I think two new ones for Sarah and a couple of older ones for the rest of us. We tried to cut some corners on the way out and wound up having to cross the stream to get back to the bike trail. Luckily no one fell in! 5 Participants: Sarah King, Mo Coutant, Licia Mackey, Steve Gray, and Bill Schwarz.

Tuesday Evening Paddle Tue, Oct 8, 2013, Maureen Coutant and The Mackeys

- This week we paddled on the Hudson River from the launch under the Northway near Exit 18 up river. The group split up and some paddled up to the beaver dam and Hudson Pointe Preserve. The others paddled part way there until turning around and exploring a little backwash area. Herons and turkey vultures were spotted by both groups. It was strange to see two herons flying together so close that they bumped wings! 7 Participants: Mo Coutant, Tina Crook, Bill Glendenning, Licia and Steve Mackey, Ally Olsen, and George Sammons.

Gore Mt. Fire Tower Sat, Oct 12, 2013, Rich Crammond

- What a great day to be in the Adirondacks. The trail was dry, the sky was blue and my fellow hikers were just a great group of hiking buds. Highlights of this outing were: nice fall colors, a helicopter flying over our heads, and hiking with Judy Halstead first time since Alaska 1995. Also, talking with Peter about our years in Vietnam was good. Thanks hiking buds for sharing a fine day in the Dacks. 5 Participants: Peter Bishop, Judy Halstead, Cynthia Plante, Peg Nolon, and Rich Crammond.

Skylight Sun, Oct 13, 2013, Steve Mackey

- Well, I still haven't hiked 'just' Skylight. Everybody on the hike was an aspiring 46'er, so we also climbed Gray, on our way by Lake Tear of the Clouds. We had beautiful weather and I wore shorts and a T-shirt almost all day. I think it was one of the busiest hiking days of the year, including the fact that we were two of the last cars being allowed into the LOJ parking lot. We also saw plenty of our Canadian neighbors, but it looked like everybody was climbing Marcy, and we lost all the other hikers when we made the turn towards Mt. Colden. After summiting Gray, we split into two groups since we had various hiking speeds, and darkness was going to be an issue. We passed the fast group on their way down Skylight as we were headed up. They got out to the cars around 7:30 and we had a bit more of an adventure and got out at 10:30. I imagine everyone slept well. 7 Participants: Maureen and Jacques Roeth, JP Martin, Sue Atwell, Cheryl Agris, Chris McCormic, and Steve Mackey.

Hadley Mountain Halloween Sat, Oct 19, 2013, Jen Shepherd

- A Halloween themed hike is what I wanted and that is exactly what I got! It was a small group but everyone was in costume and feeling the Halloween spirit. We hiked up at a nice leisurely pace and enjoyed what was left of the fall colors along the way. There was still a great deal of color left at the lower elevations. Some of us got a little too warm in our costumes to wear them all the way to the top but it was great fun to start out that way. The summit visit was a bit on the chilly side so after a snack, some photos, a ghostly tower story, and a visit to the tower, we retreated back to the cabin. Many of us had brought candy along and were passing it out to other hikers on the summit before our retreat. We had some fun with photos at the cabin then began our trip back down. Along the way there were so many other people heading up. They loved our costumes and thought we were trick or treating so we started passing out candy. This included a huge group of boy scouts that were completely thrilled at the prospect of candy and felt motivated to move a little faster to get to those of us that still had candy left! It was tons of fun for everyone. Special congrats to ten year old Alyssa for not only climbing her first mountain but her first fire tower too! Thanks for coming along everyone and contributing to the fun! 6 Participants: John Kodjak (wore a monster mask), Susan Howard (hitman or mobster?), Mayumi Kato (Disney Princess), Beth Yellen (Pink Lady), Alyssa Deloria (80's fan), and Jen Shepherd (Snow White)

Jay Range Sun, Oct 20, 2013, Wayne Richter and Nick Ringelberg

- We started at a comfortably late 10:00. The new DEC trail has one of the nicest footways in the peaks, with abundant switchbacks making easy work of the climb. We took the short spur before the main ridge to the first of the spectacular views. Then it was on to the ridge traverse with stunning views all the way out and back. Cool temperatures, stiff winds, and just a snow flake here and there gave us a taste of the winter to come. Thanks to Nick for helping to lead. 12 Participants: Jim Brown, Colleen Downing, Nicole Durocher Beaulne, Erica Halbrook, Leighann Helson, Cinde Hoffman, Susan Keely, JP Martin, Wayne Richter, Nick Ringelberg, Jen Shepherd, and Joanne Walczak.

Tuesday Evening Paddle Tue, Oct 22, 2013, Maureen Coutant and The Mackeys

- This was the last trip of the 'Tuesday Evening' group for the season due to the lack of sunlight as it gets into the fall. Plus, it gets cold then, so we actually did this trip in the afternoon. We had intended to have lunch in the warming hut and then head out on Moreau Lake, but we found out the warming hut isn't open until later in the season. So on a chilly cloudy day we used the picnic pavilion and then had to take a brisk walk around the lake to warm up! This turned out to be a perfect plan because when we returned to the boat launch the sun was just peaking out from the clouds. Then the wind seemed to be at our backs most of the way around the lake. It was a great last day out! Thanks to everyone who joined us for a paddle this year! 6 Participants: Mo Coutant, Carolyn Curren, Paul Dietershagen, Bill Glendenning, Licia and Steve Mackey.

Brown Pond Mountain Sat, Oct 26, 2013, Jayne Boudier, Nick Ringelberg

- The forecast was for cold, wind and some rain. Cedar River Road had a light dusting of snow on our way in to Wakely Dam. By the time we had floundered our way to the summit, two inches of exciting and very wet snow had happened, and we were coldly sopped. But the light, quiet snow that accompanied us down stuck to every leaf edge, branch and blade of grass, and our walk back was a stroll through fairyland. Great trip, excellent group, and our first snow of the year! Participants: Jayne Boudier, Rich Crammond, Nick Lanzillo, Dan Nicponski, and Nick Ringelberg.

Trip Reviews

Monday Geocache Mon, Nov 4, 2013, Sarah King

- Today's caching destination was Dippikill Wilderness Retreat. We headed up route 28 to the Glen and stopped for a quick roadside cache along the Glen Creek. We arrived at Dippikill, checked in at the office, and headed to the parking lot across from the bath house. We followed the yellow Ridge Trail in from the road to start our multi cache. A multi cache is where there are multiple containers with gps coordinates in them leading you to the next hide. We found the trail free of blow down, which Mo had reported finding last year, and very well marked with bright yellow markers. Lots of ups and downs on the trail to the summit and lots of signs at the trail junctions. We found the two stages with coordinates leading us to the final cache at the summit where we enjoyed the view and lunch and of course, some of Licia's homemade snacks! We opted not to follow the trail around the pond and back out but to retrace our steps back to the road. We left there and stopped twice more to grab caches on the way home. Once at a nice swimming hole along River Road and once in a not so picturesque spot. Licia gets the gold star for rock hopping inside a culvert under Dippikill Road to grab a magnetic cache attached to the middle of the culvert. It's always an adventure geocaching! The weather was great and a good time was had by all. 3 Participants: Sarah King, Licia Mackey and Steve Gray.

Tuesday Treks Tue, Nov 5, 2013, Maureen Coutant

- This week was our first mid-week outing, so we started off short and close by at the Van Dusen Preserve, which is in Queensbury not far from Exit 19 or 20. It's on the side of West Mtn, actually north of the ski area on the same ridge. It's all up and then down and a nice two mile loop that is best to do once the leaves are down. It was new to some of the folks on the outing. 16 Participants: Cindy Bishop, Jim Brown, Nancy Burke, Mo Coutant, Paul Dietershagen, Rich Drew, Todd Earl, Sarah King, Eric Krantz, Licia and Steve Mackey, Cathy McMahon, Sydney Morrell, George Sammons, Bill Schwarz, and Joanne Szot.

Mt. Jo Sat, Nov 9, 2013, Jen Shepherd

- Winter weather has definitely arrived in the High Peaks region! The group met in Queensbury with a chilly breeze in the air but clear blue skies and the promise of a nice day. Our drive along 73 on our way to the Loj was nothing short of spectacular, as always. I just love seeing those peaks looming above me as I crane my neck and press my face against the window to stare in awe. The mountains were even more amazing with a dusting of snow on the tops and a little more than a dusting on the higher peaks. Arriving at the Loj we were surprised to see that it was already very busy with lower lots filling and full. It was pretty chilly as we geared up and searched for the last person joining our group. She wasn't too hard to find and once we were all gathered, we began the short trip over to sign in for Mt. Jo. The trail was complete with half frozen mud/slush and ice along with a dusting of snow everywhere. To help with traction we erred on the side of caution and donned our microspikes. It was a leisurely pace to the summit in under an hour. We were treated to clear views and no wind at all on the summit. I just love the views you get from Mt. Jo for such minimal effort. The group enjoyed a nice snack and photo break before heading back down. We took the short trail up and the long trail back. The long trail was a bit on the wet and muddy side with ice too, it was an adventure to say the least! My little group parted ways at the parking area, Chris would be staying the weekend in Keene while the rest of us headed into Lake Placid for lunch, shopping, and meeting a fellow hiker friend for dinner. Thank you to everyone for coming. It was a great day on the trails with equally great company! 5 Participants: Leighann Helson, Erica Halbrook, Bill Barton, Jen Shepherd, and Christine Ide.

Hadley Mountain Sat, Nov 9, 2013, Reg Prouty

- We reached the summit just in time for an early lunch. It was a beautiful late Fall day but due to a slight bite to the wind on top we decided to come down to the ranger cabin to have our lunch on the

porch. Reg supplied the musical entertainment on his pocket trumpet. We had to be careful coming back down as there were some icy spots on the bare rocks. A good day was had by the five hikers! 5 Participants: Rich Crammond, John Kodjak, Rob Furlong, Pat McPhee, and Reg Prouty.

Cat and Thomas Mts. Sun, Nov 10, 2013, Jack Whitney

- We started off at the Thomas Mt. trailhead in cool temperatures and a light breeze taking the Two Brothers trail up to the junction where we took a right and headed out to the view and then the real summit of Thomas Mt. Returning to the junction we then continued on to the cabin for a brief rest before picking up the Richard Hayes Phillips trail over to Cat Mt. We were pleasantly surprised to be able to spend a few minutes on the summit of Cat even though a stiff breeze had built during the day. Leaving the summit of Cat we hiked down to the reservoir where we had spotted a couple of cars and the end of a great hiking day. 18 Participants: Robert Morrissey, Edgardo Manelo, Ray Boucher, Tricia Lockwood, Liz Gee, Ray Bouchard, John Smith, Bill Carpenter, Subitan Ali, Sandy Yellen, Sydney Morrell, Karen Burka, Christine Hayes, Peg Nolan, Eberhard Burkowski, Dan Monroe, Margie Litwin, and Jack Whitney.

Tuesday Treks Tue, Nov 12, 2013, Maureen Coutant

- This week we walked/hiked in Moreau State Park. This was one of the first days it was actually cold out with temps in the 30s and a breeze, but it was a sunny day and everyone enjoyed getting out. We walked around the lake then up to the lowest lookout before checking out the area that we visited last winter to see the porcupine tracks and activity. Not much to see this time of year, but neat to see the caves and do a little exploring. Thanks Laurie for being our guide! 13 Participants: Stuart Brown, Mo Coutant, Karen Darfler, Bill Glendenning, Eric Krantz, Licia Mackey, Kathy McMahon, Joy Munro, Kendra Pratt, George Sammons, Bill Schwarz, Joanne Szot, and Laurie Williams.

Calamity Mountain Sat, Nov 16, 2013, Jayne Boudier

- Just like 4 years ago, Calamity had a blanket of new snow on the ground and sticking to the trees. Unlike then, the ground wasn't frozen yet. So we were pushing our way up through the snow covered trees and blowdown, around rocks and holes, and up steep spots on soft, unsteady ground. It was a beautiful sunny day, with a nice few views through trees. Nick and Rich took a commanding lead after we caught sight of the summit and began talking about turn-around-time. An hour and 3/10ths of a mile later, they landed us on a large, sloping rock that looked straight down at Calamity Pond, (where we'd started 3 hours and 7/10ths mile earlier)- and over at an amazing, unique view of Skylight, Marcy and Gray, Colden, and the MacIntyres! And we were only 140 ft from the summit! The trip down was even softer, slipperier, and holier, but we still got back to the trail at Calamity Pond before dusk. A full moon rose just before dark. Great adventure! Excellent group! 5 Participants: Jayne Boudier, Rich Crammond, Nick Lanzillo, Nick Ringelberg, and Dan Scatena.

Porter Mt Sun, Nov 17, 2013, Steve Mackey

- I had a few people sign up, and then when it got close, almost everybody canceled. Since it ended up being only two of us, we took some tools along and cleared a few blow-downs for good measure. The weather was okay but we lost our views when we got above 3,500 feet. There was about six inches of wet snow up high. The trail was interesting starting out in hardwoods and then open rock much like the 'Brothers.' The trail had a couple of very steep pitches. It definitely was a lot harder than the traditional route up Cascade. 2 Participants: Steve Mackey and Cecilia Elwert.

Tuesday Treks Tue, Nov 19, 2013, Maureen Coutant

- This week we hiked 2.5 miles up to the waterfall above the Pilot Knob gazebo. Most of us hadn't done that section of the trail in awhile and for some it was a new spot. It had rained a few days earlier, so there was actually a waterfall when most times it is dry

Trip Reviews

this time of year. It was a good time as always and once again I got chatting and missed a turn; luckily others were paying attention! This always happens to me on this trail! 14 Participants: Jim Brown, Mo Coutant, Carma DeCicco, Paul Dietershagen, Rich Drew, Liz Gee, Sarah King, Eric Krantz, Licia and Steve Mackey, Sydney Morrell, Gwenne Rippon, George Sammons, and Joanne Szot.

Buck Mt. Sun, Nov 24, 2013, Jack Whitney

- It was cold! The temperature was in the low 20's with winds blowing 35 - 40 mph at times. There was no escaping the winds on the summit, so not much to say except that it was a cold and fast hike. A good group of hardy people turned out. 18 Participants: Erica Halbrook, Colleen Dowling, Chris Kobebelin, Ania Gavine, Bill Carpenter, Joe Smith, Rich Holm, Kevin Cox, Sandy Yellen, Claudia Bricknell, Eileen Joyce, Susan Brandow, Karen Burka, Marsha Lapointe, Peg Nolan, Bill Morse, Leeann Helson, and Jack Whitney.

Tuesday Treks Tue, Nov 26, 2013, Maureen Coutant

- This week we did a four mile RT walk along the Bog Meadow Trail in Saratoga. It was the perfect walk to do before getting ready for the holidays. There was a light dusting of snow which covered up some of the uneven trail (an old lumpy railroad track), but that was the only difficulty. Great to be out and catch up with friends. 9 Participants: Mo Coutant, Paul Dietershagen, Sarah King, Eric Krantz, Licia Mackey, Kathy McMahon, Anne Paolano, Bill Schwarz, and Joanne Szot.

Turkey Trot #15 Saratoga Battlefield Hike Thu, Nov 28, 2013, Rich Crammond

- It was a cold and windy day but the key to happy hiking was: dressing for the weather! Everyone seemed to have a good time. Highlights of this outing were watching wildlife like deer, red-tailed hawks and a coyote, and hiking with folks after a year's time. Real nice to hike with ole hiking bud Dan D'Angelico again also. We were a hardy group for sure on this Thanksgiving Day in the 'Great Outdoors!' 10 Participants: Herd Phillips, Kim Wood, Colleen Coulter, Bill Schwartz, Dan D'Angelico, Rick Miller, Steve Ropitzky, Molly Bederian, Steve Bederian, and Rich Crammond.

Barton High Cliffs Sat, Nov 30, 2013, Jayne Boudier

- We had a partly sunny, cold, chilly, and slightly icy day. The cliffs were awesome, from the top and bottom, and there was enough snow to see pine martin, fisher, turkey, bear, and other, smaller animal tracks. The guys had a lot in common, and we talked, laughed, and loitered all day long. Great day! 4 Participants: Jayne Boudier, Scott Cooper, Peter Fedorick, and Tim Ward.

Pilot Knob Beginners Hike with map and compass Sun, Dec 1, 2013, Jack Whitney

- The trip started at Panera Bread where a basic tutorial on the use of map and compass was held prior to heading to the trailhead to practice our newly learned skills. It was a nice start for the first of December, 38 degrees and no wind. There was a little ice on the trails but not too bad. Our goal was the site of the plane crash on Pilot Knob, which we found without incident. From there we made our way back over to the scenic summit of Pilot Knob, taking a quick lunch, then back down to the col and out to our cars. It was an enjoyable day in the mountains and hopefully some of the participants have some basic compass skills to carry forward. 16 Participants: Peg Sheehan-Nolan, Rich Holm, Colleen Downing, Sandy Yellen, John Smith, Margie Litwin, Joanne Walczak, Bill Carpenter, Jen Shepherd, Leighann Heloch, Neal VanDorsten, Erica Halbrook, Erberhard Burkowski, Ray Bouchard, Susan Keeley, and Jack Whitney.

Monday Geocache Mon, Dec 2, 2013, Sarah King and Maureen Coutant

- On this day, we set out for the Deer Leap Trailhead to hike to the lean to. This is a trip I've been wanting to do for some time but not

being anxious to meet any rattlesnakes, opted to wait until colder weather. We started out at 9:30am. It was chilly as we set out but we were all pulling off layers as we made the climb. Grippers were helpful, especially on some icy patches on the way down. On the way, we found a trio of winter friendly (hanging in hemlocks) caches; Climbing Toward Brown Mountain, Brown Mountain East, and Brown Mountain West. From the last cache, we continued another four tenths of a mile to the lean-to, where we found our last cache (Tongue Rester) and enjoyed some delicious homemade brownies made by Licia. This is a perk of the geocache outings. Homemade treat! Always a good time with a great group of adventure seekers. Total distance; 5 miles. 5 Participants: Sarah King, Mo Coutant, Licia Mackey, Steve Gray, and Rich Drew.

Additional reviews can be found on our chapter web site at adk-gfs.org by clicking on "Reviews" in the Chapter Links.

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

**ADK Winterfest, January 11th 2014
Heart Lake Program Center, Adirondak Loj, Lake Placid**

Schedule of Activities

9:00 AM

Registration starts at High Peaks Information Center.
Snowshoe hike up Algonquin with Christine Bourjade. Preregistration required.
Snowshoe hike to Avalanche Pass with Jack Coleman. Preregistration required.

Ongoing throughout the day:

Skating on Heart Lake.
Vendor tents. Picnic area.
Kid's only activities with ADK staff and volunteers. Kid's zone.
Self-guided ski and snowshoe adventures.
Winterfest Quest: Self-guided snowshoe scavenger hunt. Pick up quest at Concession Tent.
Registration at the High Peaks Information Center.
Food and information at the Concessions Tent.

10:00 AM

Mt. Jo Guided Snowshoe Hike with ADK staff. Meet outside Adirondak Loj.

11:00 AM

Ski Waxing clinic with Brian Delaney of High Peaks Cyclery. Outside Adirondak Loj.
Telemark lessons with ADK staff. Ski hill.
Curling clinic with Lake Placid Curling Club. Heart Lake.

12:30 PM

Intermediate Nordic Ski clinic. High Peaks Cyclery staff. Meet outside Adirondak Loj.

1:00 PM

Curling clinic with Lake Placid Curling Club. Heart Lake.
Beginner Cross-Country Ski Clinic with Tony Goodwin. Preregistration required.

2:00 PM

Mt. Jo Guided Snowshoe Hike with ADK staff. Meet outside Adirondak Loj.
Telemark lessons with ADK staff. Ski hill.
Ski Waxing clinic with Brian Delaney of High Peaks Cyclery. Outside Adirondak Loj.

4:00 -8:00 PM

Live Music: Annie in the Water. Concession Tent.

5:00 – 7:00 PM

Buffet Dinner. Adirondak Loj.

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
P.O. Box 2314,
Glens Falls, New York 12801

www.adk-gfs.org

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POSTMASTER: CONTAINS DATED MATERIAL.
PLEASE DELIVER PROMPTLY. THANK YOU.

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!

