



Chepontuc Footnotes

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

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

Chapter Officers Needed for 2015!

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

We have vacancies for chairs (3 positions), director (3 positions), Publicity Chair and Young Members Group (YMG) Chair.

CHAIRS (3 positions)

The Chair positions provide administrative leadership for the chapter. Duties include chairing the monthly executive committee meetings, acting as the primary contact for the chapter and interacting with ADK HQ and other ADK chapters. These positions have one year terms.

DIRECTOR (3 positions)

A Director serves both the Club and the Chapter. A Director represents the Chapter on the Club Board of Directors (BOD) and serves as an elected member of the Chapter Executive Committee (EC). A Director helps the Board adopt a budget, authorizes capital appropriations, controls expenditures, approves the charters of standing committees, determines Club policy and acts for the Club's interest in any way consistent with its by-laws and is vested with all powers of

the club. A Director attends monthly Chapter EC meetings and BOD meetings (four times per year), advises the Chapter Chair and EC on all Club matters that may affect the Chapter, reports on BOD meetings to the EC, solicits Chapter input on Club issues, and files written reports on BOD and Club activities for the Chapter Newsletter. Elected for up to three (3) two (2) year terms.

PUBLICITY CHAIR

The Publicity Chair promotes the ADK, the chapter, their outings and programs and ADK membership utilizing various public and social media mechanisms.

YOUNG MEMBERS GROUP

Young Members Group Chair strives to retain and increase active members who are in their 20's and 30's and schedules several outings each quarter that are geared towards younger adults, but are open to everyone.

Please contact Kerri Healy at Kerri_healy@yahoo.com or 518-598-8683 with any questions or to express interest.

Save The Date!

Our Chapter Annual Dinner on Friday October 24 at the Wishing Well Restaurant in Gansevoort! **James Bruchac** of The Ndakinna Educational Center in Greenfield Center will entertain us with his stories. Bruchac is an award winning author, story teller, animal tracking expert, wilderness instructor and guide. He is the eldest son of World renowned Abenaki Indian storytelling and author Joseph Bruchac III.

The Joys of Summer!

By Laura Fiske, Chapter Chair

Chepontuc Footnotes

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

Executive Committee 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:

Conservation Jacki Bave
Phone: 587-3754 conservation@adk-gfs.org

Education Linda Ranado
education@adk-gfs.org

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Trails Tom Ellis
Phone: 638-6139 trails@adk-gfs.org

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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

As we enter the peak of the summer season it is a great time to get out there and play! There are a variety of activities for every interest this time of year. Hiking, biking, and paddling top the list and your chapter has these activities covered. But don't forget going to the beach, picnics and outdoor concerts too! If you want a bit of a hiking challenge, one of our chapter hike leaders, Lorraine Mackenzie, will be leading hikes to all the Saranac 6 this season. Hike all six peaks to earn the Saranac Lake 6er patch. In the previous newsletter she led two of the six. Look for additional hikes in this newsletter.

If you want a biking challenge, participate in the Ididaride on August 10th in North Creek. ADK members get a \$10.00 discount and there is plenty of food and drink as your reward when you finish. The registration deadline is July 28th so don't delay. For more information visit the ADK website at

www.adk.org.

In the Fall, your chapter will be having its annual dinner. See the Save the Date notice in this newsletter. Planning is underway. At the annual dinner you will elect your chapter officers and directors for 2015. We have openings for three of the five chapter officers and three directors so we need your help. Further details are included in the newsletter and on the chapter website. I am happy to answer any of your questions about the open positions. If you want to get more involved in the chapter now is the time. The commitment level varies for each position, but no prior experience is required, just a willingness to help out. The chapter by-laws has information on the administration of the chapter such as the duties of the officers and directors, the meeting schedule, and a list of the standing committees to give you some background. You can access this document from the chapter website.

Enjoy the summer season!



"Now is the time!"

RAGNAR RELAY, the overnight running race, is coming to the Adirondacks! The relay is September 26-27th and starts at the Saratoga Spa State Park, skirts along the Hudson River, passes through the Lake George region, up the southern side of Lake Champlain and ends in Lake Placid. GREAT NEWS ~ ADK has been selected as the "Charity of Choice!" Organizers estimate 100 volunteers are needed. **RAGNAR will pay ADK \$100 for every volunteer we provide, which will be split 50/50 with the ADK Chapter who provides the volunteers.** Please let Laura Fiske know if you'd like to volunteer for the Glens Falls-Saratoga Chapter @ chapterchair@adk-gfs.org For more information, visit <http://www.ragnarrelay.com/race/adirondacks>.

Where is Steve Mackey along the Pacific Crest Trail? By Steve Mackey

June 5 at 1:53 PM

We have been in the boonies for the past couple of weeks, so I haven't been in contact with the outside world. The high passes all have significant snow which has made things interesting. If it is in the afternoon, the post holing can be significant. A couple of times we camped near the passes, so we wouldn't have to deal with it. Also there are times when you lose track of the trail, due to the snow. There is an app on my iPhone,

which at least tells us if it is to the left or right, but I store the phone in my pack and have to stop every time and turn it on.

We have done seven of the passes and only have one left. Mather Pass was the hardest. Near the top it has about eight tight switch backs which were mainly under the snow. Someone had made vertical steps straight up (like a ladder) for about 30 feet. I shortened my hiking poles completely and climbed carefully. If you slipped you were going to go down

a snow shoot about 100 miles per hour. The next part was just as steep, but it was on rock and rubble, so you weren't in danger, just the person below you, if a rock came loose (which was highly likely). We both made it okay, but it was scary.

We also had a bunch of traverses on snow, where you were following previous hiker's footprints gently sloping downward. If you slipped, you had the same result as above. Once you got used to it, it was easy, and if the snow was a little soft, you could make your own footprints. A few times I even put my feet forward one behind the other and was able to sort of telemark.

The other big issue was stream crossings. I'm pretty good at rock hopping, but about four or five times, I had to bite the bullet and just walk through the rivers. A couple of times I had frozen sneakers in the mornings. I

was fortunate to have several pairs of wool socks, so at some point I would switch and hang the wet ones off my pack to dry for the next day.

On the back side of one of the passes, there were two of us trying to find the trail. The girl (Patches) headed towards what looked to me like a peninsula. It turned out to actually be an isthmus and the correct direction. I ended up going all the way around a big lake bush-waking. It mainly was post holing, climbing cliffs and jumping streams. By the time I got all the way around, I had to worry about crossing the outlet. It had a bunch of logs and looked easy, but it turned out that some of them were floating and moved when stepped on. When I finally found the trail, it was late and I decided to camp there. Unfortunately Nature, and everybody else was camping around a half mile back and worried about me all night. I heard them yelling in the morning and slack packed, back up the trail, so they knew I was okay.

On the positive side, the mountains were beautiful. I got a lot of good pictures, and some pictures showing the difficult passes. I thought up a good t-shirt. It shows a mountain stream, and says "bridges are for wimps". We saw quite a few deer, a couple of huge jackrabbits, a lizard capturing another lizard, a chickadee pulling apart some fox droppings so it could use the hair from (the fox's droppings) for its nest, a pair of ptarmigan, and air force one went overhead surrounded by four fighter jets.

We are around mile 907. We have about two days to Sonora Pass and the end of the John Muir Trail. I had done the JMT about three years ago and I was surprised how little I remembered. Last time was late August and we were heading south, but other than some of the passes and streams, it all seemed new. It was a lot harder this time with the snow, river crossings, and the fact that we were doing more miles per day. I think several of the days we did more than a mile vertical with full packs.

The mountains ahead, are a little gentler, and not as high, so I think we can go a little faster. My shoes are pretty much worn out so I plan on getting a new pair today. The rubber (on the shoes) on the balls of my feet is too thin, and sometimes it hurts if I step on a rock there. Also I finally got a hair cut and no longer look like a skinny hillbilly. (I think I lost about 15 pounds and am down to 165). I noticed that I definitely have more energy after leaving town and having had hearty meals. In general my health is good; I just need to keep the food intake up on the trail. At a couple of stream crossings there were mosquitoes, I can hardly wait for that chapter to start. Hopefully I will be able to send an update from Lake Tahoe.



Earth Day Lobby Day – On May 5, the Adirondack Mountain Club joined with other area environmental organizations to lobby the New York State Legislature on several issues that affect the environment. Groups of volunteers joined lobbyists to visit legislators and ask for support and action on issues including the following:

- **Fracking Moratorium** – This legislation would place a moratorium on hydraulic fracturing for one year. This would allow time for NYS to analyze studies at the regional and national level so that a health impacts assessment and public review process could be completed.
- **Climate Protection Act** – This would establish a timetable for reducing NY’s greenhouse gas emissions, starting with a 20% reduction by 2020, and requiring additional 10% reductions every 5 years through the year 2050. (The Assembly did pass a climate change bill this session).
- **GMO Food Labeling** – This mandates that food sold in NYS be labeled if it is produced with genetically-modified organisms.
- **Child-Safe Products Act** – This identifies chemicals hazardous to children and mandates

that children’s product makers disclose which products contain these chemicals, and requires that the chemicals be removed from children’s products sold in NY by 2018.

Saratoga Greenbelt Trail – A coalition of local organizations have proposed a shared-use trail which would form a loop around the City of Saratoga Springs. The trail would connect 3 existing trails - Spring Run, Bog Meadow and Railroad Run. From trailheads at various points on the loop, bikers and walkers could connect to the center of the city. East of downtown, the trail would connect Saratoga Spa Park, follow a right-of-way through Saratoga National Golf Course and continue on to Bog Meadow Trail. From there, it would travel under the Northway to Spring Run Trail. West of the City, the trail would go from Maple Avenue Middle School, past Skidmore College’s Northwoods trails, connect to the Saratoga Rail Station, the high school and the YMCA. The trail would not only provide more recreational opportunities, but would also make possible a safe alternative to motorized transportation in and around the city. The City Council supports the concept of the trail. The project is expected to cost between \$16.5 and \$19.8 million, to be raised from grants and integrated into capital projects. For more information, visit the project website at <http://saratogagreenbelt.weebly.com/>

VISIT ICELAND!



Join ADK Schenectady Chapter Chair Rich Vertigan and Holly Hawkes as they present their program, "Visit Iceland." This presentation follows them as they drive around the entire island. Enjoy stunning landscapes, huge waterfalls, active geysers, glaciers, volcanoes, and rocky coastlines. Here’s a country where you can have one foot in North America while the other foot is in Europe. Don’t miss it!

Program

Visit Iceland
With Rich Vertigan and Holly Hawkes

When: 7pm Sept. 17
What: Presentation

Where: Saratoga Library

2015 Chapter Winter Weekend Heart Lake

We are again renting the Wiezel cabin for the Glens Falls – Saratoga Chapter of ADK for our winter weekend 2015! We have reserved it for the weekend of February 20-22. The three night stay cost is \$110 per person and includes the cabin costs and dinners for Saturday and Sunday nights. (If costs come in below this estimate, we will distribute refunds accordingly.)

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

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

Please email any questions to: smackey33@verizon.net

Bear-proof storage containers available!

◆ 8.8" dia. X 12" long, weight 2.7 lbs. Designed to slip into your backpack.

◆ Required in the Eastern High Peaks Zone and important for any backcountry overnight adventure, backpacking or canoe camping destination.

◆ Rental Rates: 1-3 days \$5.00 4-7 days \$10.00

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

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

NEW MEMBERS - MARCH 2014

John, Suzanne, Caroline & Sean Barber, Porter Corners
Gregory & Shelly Burns, Saratoga Springs
Amy Cassidy, Saratoga Springs
Steven, Katie, Kayla & Sydney Clark, Wilton
David Copeland, Queensbury
Lauren Culyer, Clifton Park
Darel & Heather Dacos, Saratoga Springs
Mindy Davidson, Saratoga Springs
Lauri & David Dittmer, Clifton Park
Diane Dodd, Gansevoort
Candice & Bill Duell, Corinth
Lucas Eichorst, Greenfield Center
Robert & Charles Kennedy, Ballston Lake
Michael & Emily Kopp, Stillwater
Frank Lagace, Lake Luzerne
Kelly Liberty, Hudson Falls
Andrew Locke, Mechanicville
Kyle Marshall, Saratoga Springs
Jordan & Michelle Mazur, Gansevoort
Richard Mead, Cleverdale
Thomas & Kristin Potter, Simsbury, Connecticut
Mary Reynolds, Saratoga Springs
Warren Rosenkranz, Wilmington, Delaware
Kathleen Rossi, Athol, New York
Jamon Stone, Queensbury
Laura Stone, Saratoga Springs
Michela Viscariello, Watervliet

REJOINED MEMBERS - MARCH 2014

Joseph Kelly, Wilton
Dr. Brian Landenberger, Warrensburg
Mary LaPann, Warrensburg
Todd Lawrence, Clifton Park
John Longacker, Clifton Park
Thomas Morrison, Glens Falls
Cynthia & Paul Plante, Greenfield Center
Remus & Sofia Preda & Lisa Randles, Argyle
Keith Strack, Saratoga Springs
Jamie Studnicky, Johnsbury
Jeffrey, Kirsten & Stephanie Swick & Eileen Wood, Lake George
Jonathan Volks, Glens Falls
Anne White, Queensbury
Sarah Witte, Saratoga Springs

NEW AFFILIATE - MARCH 2014

Monique Genchi & Michael Hughes, Baiting Hollow, New York

NEW MEMBERS - APRIL, 2014

Nancy Belluscio, Schroon Lake
Michael Brother, Kattskill Bay
Adam Burch, Greenwich
Charles Conaway, Speculator
Janie Cornell, Gansevoort
Justin Ermiger, Glens Falls
April Fiacoo, Granville
Shawn Galbraith, Ballston Lake
David Hoffman, Schuylerville
Tom Hutchins, Queensbury
C.J. Imperial, Ballston Lake

Roman Jarosh, Queensbury
Daniel Manning, Gansevoort
Andrea McNairy, Glens Falls
Debra Parker & Tim Livsey, Hudson Falls
Andrew Patrick, Nashville, Tennessee
Brian Reepmeyer & Diane Sabanos, Ballston Lake
Christine Rowe-Button, Saratoga Springs
Andrew Runkel & Jena Malinowski, Saratoga Springs
Ed Valla, Gansevoort
Lori Watson, Bronx, New York
Anthony White, Hudson Falls
Ian Widrick, Saratoga Springs

REJOINED MEMBERS - APRIL 2014

Michael & Marcy Bellows, Ballston Spa
Bill Dow, Clifton Park
Michael H. & Jo Ann M. Genier, Queensbury
Drew Graham, Saratoga Springs
Owen & Jamie Grant, Saratoga Springs
Alan Gutman, Endicott, New York
Michael & Theresa Haugen, Clifton Park
Kathy Johnston, Ballston Spa
William & Patricia Keating, Greenwich
Frank Leahy, Gansevoort
Sharon M. Meyer, Burnt Hills
Michael Noonan, Warrensburg
Ronald Saunders, Corinth
Janet Wilson, Queensbury

Fire Tower Challenge News By Kathi and Tim Noble

The Fall and Winter months saw very few people earn the FTC patches. We are contributing some of that to the long tough winter, and are hoping cabin fever will have forced many out onto the trails this spring and early summer. We do have two new entries into the Fire Tower ranks and one, Dan Monroe, did his during the winter months to earn the Winter Rocker, nice job! The other new member is Mike Bromberg who ventured over from New Hampshire to accomplish the challenge. If your close to completing the FTC make it a goal to finish this summer, and how about taking some friends along and get them started or closer to finishing. Good luck!

TAKING A WALK HELPS WITH IDEAS!

According to a study of 176 people by Stanford researchers, walking makes you more creative! Subjects who walked instead of sitting or being pushed in a wheelchair gave more creative responses on tests used to measure creative thinking. The researchers need to conduct more experiments on why walking helps spur ideas, but physical activity is good for both heart and brain.

Article from Investors Business Daily

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: metadataajim@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

Make sure to check our web site @
www.adk-gfs.org

Executive Committee Meeting Minutes

Minutes from April 2, 2014

Treasurer Steve Mackey presented the January, February and March 2014 financial results. Steve reported that the Chapter is sponsoring five teens at the DEC summer camp in addition to several teen trails sponsorships. Total assets at the end of March were \$8809.79. Maureen Coutant will take over treasurer duties while Steve is off into the wild hiking the PCT.

Chapter Chair Laura Fiske reported that the Chapter by-laws have been amended to dissolve the Annual Dinner committee chair, which will be voted on at the annual meeting this fall.

Jonathan Lane, Younger Members Group Chair, reported that there are now 227 "friends" on the Chapter's Facebook page and 99 YMG's "friends." Jonathan posed the question to the executive committee: "What would we do with more money coming into the Chapter treasury?"

Jonathan thought it would be a good idea for Outdoor Leaders to every so often review Club Policy A19 or have someone from the Club give training to the Chapter.

Membership Chair Pat Desbiens reported that in February there were seven new memberships and three renewals, a change of plus four members over January.

Outings and Programs Schedule

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

Date	Day	Type	Destination	Leader(s)	Rating
July					
4	Fri	Camp/Hike	Cranberry Lake 50	Jack Whitney	A
8	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
12	Sat	Hike	Santanoni, Couch, and Panther	Mike Fuller	A+
12	Sat	Hike	Cat and Thomas Mountains	Reg Prouty	B
12	Sat	Hike	Montcalm Point / Hike and Swim	Neal Van Dorsten	B-
12	Sat	Paddle/Camp	Mother Bunch Islands	Jayne Boudier	A
17	Thu	Hike	Moxham Mountain	Neal Van Dorsten	B
19	Sat	Bike	Bike Brant Lake	Neal Van Dorsten	B-
19	Sat	Hike	OK Slip Falls and Blue Ledge Overlook	Nick Ringelberg	B+
19	Sat	Hike	Moxham Mountain	Rich Crammond	B
20	Sun	Hike	Buck Mountain	Lorraine MacKenzie	B
22	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
26	Sat	Hike	Skylight and Marcy	Wayne Richter	A+
26	Sat	Hike	Indian Head and Fishhawk Cliffs	Reg Prouty	B
26	Sat	Paddle/Camp/Hike	Raquette Lake	Jayne Boudier	A
August					
2	Sat	Hike	Allen 'The Big Nasty'	Mike Fuller	A+
3	Sun	Hike	McKenzie Mt.- Saranac Lake 6	Jack Whitney	B+
5	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
9	Sat	Bushwack	T Lake Falls	Nick Ringelberg	B+
9	Sat	Hike	YMG - Debar Mountain	Jen Shepherd	B+
16	Sat	Hike	Seward Range	Wayne Richter	A+
16	Sat	Hike	OK Slip Falls, Blue Ledge Overlook and Caves	Nick Ringelberg	B+
16	Sat	Hike	Big Pond and North Pond	Rich Crammond	C+
17	Sun	Hike	Pilot Knob Mountain	Neal Van Dorsten	B
19	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
23	Sat	Hike	Noonmark and Possibly Round	Reg Prouty	B
23	Sat	Paddle/Camp	Rainbow Lake	Jayne Boudier	A
24	Sun	Hike	St. Regis Mountain	Lorraine MacKenzie	B
September					
2	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
3	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
6	Sat	Hike	Pharoah Mountain	Jen Shepherd	B+
8	Mon	Hike	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
13	Sat	Hike	OK Slip Falls and Blue Ledge Overlook	Nick Ringelberg	B+
13	Sat	Hike	Kings Flow, Humphrey Mt. trail (unmaintained)	Rich Crammond, Jayne Boudier	B
16	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
20	Sat	Hike	Giant of the Valley Mountain	Reg Prouty	A+
27	Sat	Hike	Giant / Rocky Peak Ridge Traverse	Mike Fuller	A+
30	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR

Outings Detail

CRANBERRY LAKE 50 - [Camp/Hike]

Fri, Jul 4, 2014, 6:30 am, Rating: A
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This will be a two night/three day hike/camping trip along the pristine Cranberry Lake in the Cranberry Lake Wild Forest and Five Ponds Wilderness. Google Cranberry Lake 50 for details on this trip. The trail's terrain is gentle with beautiful views of the Oswegatchie River, Cranberry Lake and numerous ponds along the way. There are many campsites and lean-tos along the way. We will be hiking or riding bicycles along Rt. 3 to the start of the Peavine Swamp Ski Trail and will hike the 4.8 miles of the trail and 2 miles along the road to the Wanakena Ranger School Road, which will leave us more time to take a leisurely pace and enjoy the scenery.

TUESDAY PADDLE

Tue, Jul 8, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojom@roadrunner.com
- The paddle trips will usually be in the evening, but every now and again I might switch it up to a day paddle if the weather forecast is better or if I want to do something a little longer. Send an email or call on Sunday or Monday to find out the where and when! We will usually be on flat water somewhere within a half hour of Glens Falls, but not always!

SANTANONI, COUCH, AND PANTHER - [Hike]

Sat, Jul 12, 2014, 5:30 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- This is my third summer leading this hike. It's a big day so know your limits. We'll go to Panther, then Couch, and finish on Santanoni. I'll bring a water filter to refill bottles after Santanoni. Bring 3-4 liters of liquid for the hike. I've always got the group out before dark. Should be a fun day. Meet at Panera Bread Queensbury 5:30 or trailhead at 7:00.

CAT AND THOMAS MOUNTAINS - [Hike]

Sat, Jul 12, 2014, 8:00 am, Rating: B
Reg Prouty - 518-747-9736
- These two little mountains near Bolton Landing offer good views of Lake George and are part of the Lake George Land Conservancy's new trail system in the Cat and Thomas Preserve. Distance is about 7-8 miles round trip with gradual elevation changes.

MONTCALM POINT / HIKE AND SWIM

Sat, Jul 12, 2014, 9:00 am, Rating: B-
Neal Van Dorsten - 644-7034, nealvan@aol.com
- This is a unique trip, with a hike from Clay Meadows to Montcalm Point, where we will take a swim and then get a boat transport back to Bolton. The trip is about 7 miles with some up and down, but mostly gentle or flat along the shores of Lake George. This hike is very scenic and diverse with lots to look at. Space is limited, so sign up early. We will meet at 9am at the public parking across from Lakeside Inn in Bolton Landing.

MOTHER BUNCH ISLANDS - [Paddle/Camp]

Sat, Jul 12, 2014, 6:00 am, Rating: A
Jayne Boudier - 518-793-3770, boudier@verizon.net
- July 12-13. This group of islands live just offshore of Black Mountain's steep slopes. The easiest way to them is from Hulett's Landing, where there is a \$7 fee to launch and \$10 per night parking fee- and I'll buy the campsite. Kayaks are recommended, but not required. Plan on 8-10 miles of paddling and beautiful scenery. A high wind forecast will cancel.

MOXHAM MOUNTAIN - [Hike]

Thu, Jul 17, 2014, 9:00 am, Rating: B
Neal Van Dorsten - 644-7034, nealvan@aol.com
- This is a fairly new trailhead established in 2012. It is a wonderful hike with spectacular views. It has an expansive and rocky ridge which affords views of Crane Mountain, Blue Mountain and the Hudson River. The hike is 5.4 miles round trip, so budget around 3.5 hours at an easy pace. This hike is located in Minerva, so we will meet at Starbucks in Glens Falls and carpool up.

BIKE BRANT LAKE

Sat, Jul 19, 2014, 9:00 am, Rating: B-
Neal Van Dorsten - 644-7034, nealvan@aol.com
- This bike trip meanders along the Schroon River and then circumvents Brant Lake, with wonderful scenery for the entire trip. It is about 27 miles and has a little terrain, but mostly easy riding. We go at an easy pace and leave no one behind. This is a great trip! We will meet at Exit 24 at the parking pulloff area. Budget about 3 hours.

OK SLIP FALLS AND BLUE LEDGE OVERLOOK - [Hike]

Sat, Jul 19, 2014, 6:00 am, Rating: B+
Nick Ringelberg - 518-522-6863, nickringelberg@nycap.rr.com
- We'll do a loop hike to OK Slip Falls and Blue Ledge Overlook with stops at Carter's Landing on the Hudson River (where the disappearing stream, Carter Brook, goes underground for 1/4 mile then bubbles back up near the Hudson River) and Tippecanoe Landing on the Hudson River (below the Blue Ledge). About 1/3 trail and 2/3 bushwack to this newly opened Hudson River remote and seldom explored area. Eleven miles and 1,500 feet elevation gain.

MOXHAM MOUNTAIN - [Hike]

Sat, Jul 19, 2014, 9:00 am, Rating: B
Rich Crammond - 584-2380
- This outing will be 5.4 miles round trip with some ups and downs along the way, approximately 900 feet of elevation change. Great views from the summit. See you there and let's hope for clear skies! Meeting place: At the trailhead 2.4 miles up Fourteenth Road, Minerva, off Route 28N. Bear right at the Y in Fourteenth Road.

BUCK MOUNTAIN - [Hike]

Sun, Jul 20, 2014, 8:30 am, Rating: B
Lorraine MacKenzie - 791-9794, otczone@aol.com
- This is one of my favorite climbs in the Lake George area. It's 6.6 miles round trip with almost 2,000 ft elevation gain. In addition to the magnificent views, the summit is loaded with blueberry bushes. Hopefully they will be bursting with berries ready for us to pick! Rain cancels.

TUESDAY PADDLE

Tue, Jul 22, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojom@roadrunner.com
- See August 19th

SKYLIGHT AND MARCY - [Hike]

Sat, Jul 26, 2014, 5:30 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- These are two of the great Adirondack peaks. We'll head up Skylight first so the crowds should have thinned out a lot by the time we get to Marcy. If you've never hiked up the backside of

Outings Detail

Marcy, you won't want to miss the spectacular ascent. This is a long hike and we'll need to move fairly quickly so we have time to enjoy the views, especially if aspiring 46ers talk us into going up Gray.

INDIAN HEAD AND FISHHAWK CLIFFS - [Hike]

Sat, Jul 26, 2014, 8:00 am, Rating: B

Reg Prouty - 518-747-9736

- We will do a loop hike approaching Indian Head from the Ausable Club Lake road and returning after visiting Fishhawk cliffs via the Gill Brook trail as it is a beautiful trail due to multiple water flumes. Round trip distance is about 10 miles with only 730 feet of ascent

RAQUETTE LAKE - [Paddle/Camp/Hike]

Sat, Jul 26, 2014, 6:00 am, Rating: A

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

- July 26-7. We could camp at Tioga Point and explore the Needle Islands, or at Big Island and explore South Inlet to the Falls (maybe even hike to the old Sagamore powerhouse)- I'm open to suggestions. But Sunday, after noon, we're paddling to St. Williams on Long Point for their annual chicken barbecue and silent auction- for sure! Round trip is usually 8-10 miles, with a pace as moderate as possible. I have a 12 ft canoe and a 16 ft canoe to lend. Anyone who'd like just to go to the barbecue can get there on Sunday without a boat- there's a free ferry from 1-3 p.m. between Raquette Lake village and St. Williams. (Go to 'www.stwilliamsonlongpoint.org/bbq.html' for more information.)

ALLEN 'THE BIG NASTY' - [Hike]

Sat, Aug 2, 2014, 5:30 am, Rating: A+

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

- Don't let the name fool you - it's really a great hike summer or winter. I'm going to use the Lake Jimmy Trailhead so plan on 18 miles and 2540 of up. I'll bring a water filter; there's plenty of good water along this trail. This is a big day so know your limits. Meet at Panera Bread Queensbury at 5:30 or Lake Jimmy Trailhead at 7:00.

MCKENZIE MT.- SARANAC LAKE 6 - [Hike]

Sun, Aug 3, 2014, 7:00 am, Rating: B+

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

- Great views from the two ledges combine to make a 360 degree view. Summit elevation is 3,822 ft. If time permits we will also hike Haystack Mt. We will stop at Tail of the Pup on the return trip or Dan will be cooking steaks at the trail head.

TUESDAY PADDLE

Tue, Aug 5, 2014, time TBD, Rating: NR

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

- See August 19th

T LAKE FALLS - [Bushwack]

Sat, Aug 9, 2014, 6:00 am, Rating: B+

Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com

- Trail to T Lake and bushwhack to the base of Eagle cliff, with a view north to the most spectacular falls in the Adirondacks. T Lake Falls plunges 350 feet over a rounded rock escarpment into a tiny pool that is part of the headwaters of the South Branch of the West Canada Creek. (Note: the old trail to T Lake Falls is officially closed due to the danger of the rounded top of the falls. We will not be climbing to the top) The first Saturday in August always seems to be one of the hottest days of summer, so we will be inspecting the pool at the base of the falls.

YMG - DEBAR MOUNTAIN - [Hike]

Sat, Aug 9, 2014, 7:00 am, Rating: B+

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

- Debar will be a new peak for me. Not quite a High Peaks trip, but it's also not an easy walk in the park. Round trip distance is 7 miles with 1600 ft of elevation gain. The climb is described in Barbara McMartin's book as 'gentle at first, then steadily uphill, and finally an 800 ft mad scramble up the last 0.5 mile, the steepest and most arduous climb of all New York's fire tower trails.' There is no longer a fire tower here, but a peak still worth a visit. Extra bonus, there's a state campground with a lake for post-hike swimming! We'll keep a steady laid-back pace to enjoy the trail. Bring plenty of food/fluids/proper layers and protection for your skin from both the sun and bugs. We'll plan to have lunch on the summit as long as it's a nice enough day and longer as long as we like. We'll carpool up from Queensbury. Please email hike leader to sign up, no phone calls after 7pm for those of you that don't have email. Rain will cancel. For anyone that doesn't know - YMG or Younger Members Group trips are open to adults of all ages both young and young at heart.

SEWARD RANGE - [Hike]

Sat, Aug 16, 2014, 5:30 am, Rating: A+

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

- Located at the edge of the High Peaks, the Seward range has a unique perspective of the low mountain and lake country of the Adirondacks to the west. Although the peaks have a rather foreboding reputation, it's a scenic and enjoyable hike. We'll go up by Calkins Brook, head over to Donaldson and Emmons, return along the ridge to go up Seward, and descend to the Ward Brook Truck Trail. And we can make an ice cream stop in Saranac Lake on the way back.

OK SLIP FALLS, BLUE LEDGE OVERLOOK AND CAVES -

[Hike]

Sat, Aug 16, 2014, 7:00 am, Rating: B+

Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com

- We have run across an old Garnet Mine and a couple of neat caves in the vicinity of the falls. In the dryer times of August, we'll do a loop hike to OK Slip Falls and Blue Ledge Overlook with stops at Carter Pond for a look at a cave there and at an old Garnet Mine near the camp road. No serious spelunking, but bring head lamps to peer in dark places. About 1/3 trail and 2/3 bushwack to this newly opened Hudson River remote and seldom explored area. Eleven miles and 1,500 feet elevation gain.

BIG POND AND NORTH POND - [Hike]

Sat, Aug 16, 2014, 9:00 am, Rating: C+

Rich Crammond - 518-584-2380

- This will be a hike in the woods to a 'Big' pond and a short open hardwood bushwhack to a smaller one. The marked trail to Big pond is approximately 3 miles round trip and the side herd path to North Pond is approximately 0.5 miles round trip. Meeting place is at the Big Pond trail head of the side of Hoffman Road, Schroon Lake area, not far from a bright blue mobile home west of Schroon Lake village. Watch for the F-150 black Ford pickup.

PILOT KNOB MOUNTAIN - [Hike]

Sun, Aug 17, 2014, 9:00 am, Rating: B

Neal Van Dorsten - 644-7034, nealvan@aol.com

- This hike has without a doubt the best views of Lake George. Views in all directions including a birds eye view of Glens Falls Airport. We will do a loop and if we have time possibly take in

Outings Detail

the remains of an airline plane that crashed in 1969. Allow four hours round trip, for an leisurely 6.5 mile round trip. We will meet at Cafe Vero in Lake George Village at 8:30 or the trailhead at 9:00. Call or email for details.

TUESDAY PADDLE

Tue, Aug 19, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojom@roadrunner.com
- The paddle trips will usually be in the evening, but every now and again I might switch it up to a day paddle if the weather forecast is better or if I want to do something a little longer. Send an email or call on Sunday or Monday to find out the where and when! We will usually be on flat water somewhere within a half hour of Glens Falls, but not always!

NOONMARK AND POSSIBLY ROUND - [Hike]

Sat, Aug 23, 2014, 8:00 am, Rating: B
Reg Prouty - 518-747-9736
- It is very possible we will do a loop hike from either the Round Pond approach to Noonmark and Round Mtn. or starting from the Ausable Club side. In either case Noonmark has great views of the slides on Giant Mtn. from its north-looking summit. Lets take a leisurely mid-summer all day hike.

RAINBOW LAKE - [Paddle/Camp]

Sat, Aug 23, 2014, 7:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- Rainbow 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, interesting terrain, and free campsites. We should have time to explore the North Branch (of the Saranac River), Rainbow's namesake eskers, 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.

ST REGIS MOUNTAIN - [Hike]

Sun, Aug 24, 2014, 7:30 am, Rating: B
Lorraine MacKenzie - 791-9794, otczone@aol.com
- St Regis is a multipurpose hike. Not only are the views fantastic, you can get credit towards two different hiking goals. It's a fire tower and it's one of the '6' of the Saranac 6. It stands 2,874 feet overlooking the Saranac Lakes. The 6.6 mile round trip hike is moderate with only 1,250 feet of elevation gain. Rain cancels.

TUESDAY PADDLE

Tue, Sep 2, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojom@roadrunner.com
- See August 19.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Sep 3, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, heacox@nycap.rr.com
- Board Meeting- Carl R's Exit 18

PHAROAH MOUNTAIN - [Hike]

Sat, Sep 6, 2014, 7:00 am, Rating: B+
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- Pharaoh Mountain will be another new peak for me to explore. It is 9.3 miles round trip with 1257 ft of elevation gain. On the summit we'll find views, survey markers, and the remnants of the old fire tower. We'll keep a steady laid back pace to enjoy the day and each other's company. Pack plenty of food/fluids/proper layers. We'll plan to have lunch on the summit so long

as the weather is cooperative and linger until we feel like heading back down. Email hike leader for more info or to sign up, no phone calls after 7pm for those that don't have email. Rain will cancel.

MONTHLY MONDAY GEOCACHE - [Hike]

Mon, Sep 8, 2014, time TBD, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Colead: Mo Coutant
- 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!

OK SLIP FALLS AND BLUE LEDGE OVERLOOK - [Hike]

Sat, Sep 13, 2014, 7:00 am, Rating: B+
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
- We'll do a loop hike to OK Slip Falls and Blue Ledge Overlook with stops at Carter's Landing on the Hudson River (where the disappearing stream, Carter Brook, goes underground for 1/4 mile then bubbles back up near the Hudson River) and Tippecanoe Landing on the Hudson River (below the Blue Ledge). About 1/3 trail and 2/3 bushwack to this newly opened Hudson River remote and seldom explored area. Eleven miles and 1,500 feet elevation gain.

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

Sat, Sep 13, 2014, 8:00 am, Rating: B
Rich Crammond - 518-584-2380
Colead: Jayne Boudier - 518-793-3770 or boudier@verizon.net
- Approximately 8.6 miles round trip, about 1184 feet of elevation change, and around 0.5 miles of bushwhacking to the summit if we go that far. We'll have an old lumber camp area and garnet mine tailings along the way. We will car pool from the Tops supermarket, North Creek village, Main Street meeting place. Please dress for fall weather and think adventure. See you there!

TUESDAY PADDLE

Tue, Sep 16, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojom@roadrunner.com
- See August 19th.

GIANT OF THE VALLEY MOUNTAIN - [Hike]

Sat, Sep 20, 2014, 7:00 am, Rating: A+
Reg Prouty - 518-747-9736
- This lesser used trail to Giant affords a stop at Owl Head Lookout as it approaches Giant at a more gradual approach than some of the other trails. Round trip is 14.4 miles with an ascent of 3324 ft. If enough sign up we may do a return via the Hopkins trail by spotting a couple of cars on route 73. The foliage should be near peak by then. So lets turn out for a beautiful fall bug-free hike. Pace will not be as fast as some High Peak hikes

GIANT / ROCKY PEAK RIDGE TRAVERSE - [Hike]

Sat, Sep 27, 2014, 6:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- This is my fall classic. We'll spot cars at New Russia Trailhead and start at Chapel Pond. Let's hope for a clear day and good color. It's around 12 miles and some great vertical. Meet at

Outings Detail & Trip Reviews

Panera Bread at 6:00 or trailhead at 7:30.

TUESDAY PADDLE

Tue, Sep 30, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- The paddle trips will usually be in the evening, but every now and again I might switch it up to a day paddle if the weather forecast is better or if I want to do something a little longer. Send an email or call on Sunday or Monday to find out the where and when! We will usually be on flat water somewhere within a half hour of Glens Falls, but not always!

Keep on reading for trip reviews!

Monthly Monday Geocache Mon, Apr 7, 2014, Sarah King and Mo Coutant

- Today we headed to the west side of Pack Forest, parking at a gate off route 28. There were a whopping 17 caches here to find, all winter friendly and very findable. Spikes were good on the packed trails; we took turns searching for the caches so everyone had a chance for some finds. The snow was still deep in areas off the main trail so we did some post holing too. I'm amazed at how many trails there are back there. We signed all logs as ADK 8. 8 Participants: Mo Coutant, Diane Demetriou, Larry Eaton, Steve Gray, Sarah King, Licia Mackey, Marjorie and Don Moeller.

Tuesday Trek Tue, Apr 8, 2014, Mo Coutant

- This week we walked along the Harry Betar Walkway along the Hudson River. The river was clear of ice but little mini icebergs were still floating downstream. Both the upper and lower sections of the trail were ice free which was nice though! We had quite a few birders in the group who were able to identify some birds for us...including bluebirds, canada (not canadien) geese, some ducks...ring neck? bufflehead? I can't remember! I'm not a birder, although I did spot the bluebird! After a nice walk, most of us went up to Coffee Planet for a drink or bite to eat and to continue the many conversations started along the walk! 12 Participants: Judy Beers, Barbara Bell, Stewart Brown, Mo Coutant, Paul Dietershagen, Sarah King, Eric Krantz, Licia Mackey, Jim Ralston, Irene Sammons, Bill Schwarz, and Joanne Szot.

Bullhead Mountain Bushwack Sat, Apr 12, 2014, Jayne Boudier and Jean Holcomb

- We had a warm, sunny day! The marsh was beautiful, water crossings fun, the bushwack surprisingly easy, even near the top, and the snow depth manageable. Great views! We found Dan's mid-ridge overview of Puffer Pond and Mountain, and saw Peaked and viewed the High Peaks just north of the summit- their snow caps made them easy to spot against the blue sky. Nick and Hanna had been very patient about the pace, and asked permission to dash off to their second destination, Bullhead Pond (not near our mountain) so they could claim two Bullheads in one day! Nick R. and I hung back like anchors, and we still were all out by 4 pm. Great group! Great day! 6 Participants: Hanna Becker, Jayne Boudier, Jean Holcomb, Nick Lanzillo, Nick Ringelberg, and Maureen Roeth.

Denton Wildlife / Hudson Crossing Sat, Apr 12, 2014, Rich Crammond

- What a nice day to be on the trail. We enjoyed it so much that we hiked around Denton twice. The highlight of this outing was

seeing a large osprey along the Hudson River. It was nice also to walk across the Dix bridge to a long range look at former Governor Dix's Pine Needle Camp in Thomson Mills. (Nice people to do hikes with). 5 Participants: Charlotte Smith, Bill Glendenning, Kathy Bechard, Tim Bechard, and Rich Crammond.

Midweek Trek Wed, Apr 16, 2014, Maureen Coutant

- This week we walked along the Glens Falls section of the Warren County bike trail. We had thought we might be able to have some of us bike it, but it snowed a little the night before! It had melted off the trail, but it would have been too chilly for biking! We did have a nice walk though and spotted a mouse crossing the trail right before a red-tailed hawk did. Luckily for the mouse ... we spotted it and not the hawk! 6 Participants: Judy Beers, Mo Coutant, Eric Krantz, George and Irene Sammons, and Joanne Szot

Roostercomb and Snow Sat, Apr 19, 2014, Reg Prouty

- We had a great spring day to climb Roostercomb, and since we came in from the Deer Brook approach and had a pretty good workout as it was, we decided to leave Snow Mountain for another day. There was some snow in shady places, but for the most part, the trail was in excellent shape for this usual mud season. All three of us had a great time with a leisurely lunch atop Roostercomb. 3 Participants: Reg Prouty, Nate June and Ania Gaguine.

Tuesday Trek Tue, Apr 22, 2014, Mo Coutant

- This week we did our annual Earth Day hike up French Mtn off the bike trail. Each year we pick up any garbage that we can find on our way down and back to the cars. It's getting harder and harder to fill the bags though! The parking area is now the area where we find the most! Good day out and a first for some in the group. If the proposed zip line goes in that should really change the experience. 13 Participants: Joanne Armstrong, Judy Beers, Jim Brown, Bev and Bob Burnham, Mo Coutant, Bill Glendenning, Eric Krantz, Licia Mackey, Kathy McMahon, Kendra Pratt, George Sammons, and Bill Schwarz.

Cat & Thomas Mountains Sun, Apr 27, 2014, Lorraine MacKenzie

- The clouds were traveling in a southerly direction down Lake George, which is unusual. It rained (very little) but the weather forecast was correct - unusual also! What was not unusual, was being outdoors experiencing great views with wonderful people. 19 participants: Margie Litwin, Sandy Yellen, Ann Munday, Bill Carpenter, Bill Schwarz, Leo Demers, Sue Atwell, Sue Booth-Binczik, Sue Keely, Chris Ide, Joanne Walczak, Colleen Downing, Karen Burka, Nate Jones, Neal Van Dorsten, Tim and Kathy Bechard, Shelly Burke, and Lorraine MacKenzie.

Tuesday Trek Tue, Apr 29, 2014, Mo Coutant

- This week we did a joint clean up effort at the Fort Edward IBA (Important Bird Area) with DEC, Friends of the IBA, and Southern Adirondack Audubon Society. Our group walked the edge of the property and picked up a big garbage bag full of decomposing plastic that we found along the hedge line. Others put up nesting boxes and some in our group picked up trash along the road. It's always fun to make a difference. But then ... we headed over to the Fort Edward section of the Feeder Canal trail and walked along that for awhile. So it was a great dual outing! 7 Participants: Stewart Brown, Mo Coutant, Bill Glendenning, Licia Mackey, Kathy McMahon, Bill Schwarz, and Maureen Tuttle.

Trip Reviews

OK Slip Falls Sat, May 3, 2014, Nick Ringelberg

- Starting at 9:30am on a pleasant springy day, 9 of us tramped through the woods where Trout Lilies and Purple Trilliums were just poking out blossoms for our bushwhack. Arriving at the OK Slip Falls at noon, we saw an impressive flow of water cascading over one of the tallest falls in the Adirondacks. After a short lunch break at the falls overlook and posing for pictures, we continued upstream to the rock shelf at the tip of the falls where there was a great view of Kettle Mt. Crossing the bridge just above the falls and taking the trail up a hundred feet that serpentine to the ridge above the falls, we could look down into the OK Slip Gorge where there was still thick layers of ice that remained from winter. We followed the trail that takes you to the Hudson River about a half mile until we came to an overlook with a view of the Hudson river Rapids. At 1pm, we were just in time to see whitewater rafts moving down the river below us. We followed the camp road out to Rt. 28 and our parked cars, arriving at 3pm. 9 Participants: Michael Benatto, Peter Bishop, Josh Epstein, Frank Fell, Donald Foley, Nancy Kass, Peg Mangano, Kathy Ryan, and Nick Ringelberg.

ADK Headquarters Work Day Sat, May 3, 2014, Mo Coutant

- Thank you to all the Glens Falls-Saratoga Chapter members who came to the ADK Lake George Property Work Day! The grounds look so much better! The staff really appreciates our efforts and I'm sure the public driving by as well! Thanks again and if you want to join the committee or want to go up before the next work day let me know and I'll find a job for you!

Spring Bird Walk - Wilton Wildlife Preserve & Park Sat, May 3, 2014, Rich Speidel

- Despite cloudy, cool weather, we discovered a fine variety of birds throughout the morning. Bird migration has been slowed by the late winter and cool spring, so we were glad to see some species for the first time this season, including black-throated blue and black-throated green warblers and kingbirds. Also, a small bird with yellow and black around its head flew across a clearing. It landed and called nearby, and we were able to confirm the hooded warbler. This was an exciting find, as hooded warblers are rare in our area. Including six different woodpeckers, plus blackbirds, thrushes, sparrows and others, we had a great field trip with 48 species. 8 participants: Barbara Bave, Gerry Cuite, Thomas Cuite, Lindsey Duval, Louise Golub, Jim Myers, Edna Van Dorsten, and Rich Speidel.

Monthly Monday Geocache Mon, May 5, 2014, Sarah King and Mo Coutant

- Today we headed over to Lake Luzerne to look for geocaches at two spots. The first one was a series of six geocaches on a snowmobile trail behind the American Legion building on 9N. They were doing some logging in the area but we managed to stay ahead of the heavy equipment. After finding these, the group headed over to 4th Lake Campground. The campground hadn't opened yet so we parked beside the gate and walked in. The last of four caches that we looked for was around the far side of the lake. We walked the campground road, admiring some of the new restroom buildings here and enjoying the weather. 10 for 10 for us today and a personal milestone for Sarah; her 5,000 find. 7 Participants: Mo Coutant, Diane Demetriou, Todd Earl, Larry Eaton, Steve Gray, Sarah King, and Licia Mackey

Tuesday Trek Tue, May 6, 2014, Licia Mackey and Sarah King

- This week Sarah, Licia and Todd took over as leader since Mo's daughter was getting her braces on ... and she remembered too late to switch it to another date! This week the trip was up Prospect Mountain from the Lake George Rec Area. We had warm sun, puffy clouds, a light breeze, and perfect temps (60s) for our Prospect hike from the L.G. Rec trails. As we approached the waterfall on the Guard Help Way trail, Todd explained these streams are the headwaters of West Brook. They were the original water source for the Village of Lake George. The Vireos, Blue Jays, Black-throated Green Warblers and Pileated Woodpeckers called. Coltsfoot and a (Downey?) yellow violet were our only wildflowers in bloom. Our geocaching expert, Sarah, replaced a cache (found on the trail) at its appropriate coordinates. George was our hike photographer as Joanne was absent. We reached the top after one-and-a-half hours and about 2.7 miles. (A good estimate, Mo.) We had clear views of Ellen, Lincoln, and Killington Mts. to the east. Our snow covered Adirondacks from Algonquin east to the Great Range were in view intermittently. A quick snack refueled us for our decent. As three stand-ins for Mo, we did pretty well. We didn't loose anyone! As a matter of fact, we gained two; Bill and Rich. 15 Participants: Sue Atwell, Bev and Robert Burnham, Paul Dietershagen, Rich Drew, Todd Earl, Sarah King, Peggy Knowles, Licia Mackey, Bob Powell, Kendra Pratt, George Sammons, Bill Schwarz, Bill Was, and Laurie Williams.

Sleeping Beauty and Bumps Pond Loop Sat, May 10, 2014, Reg Prouty

- The gate to the road to Dacy Clearing was still locked; we had to walk the extra distance, but it just was a pleasant spring day and we did not mind it. The summit was fine for lunching, pictures and trumpet playing and we also visited the true summit before descending to Dacy Clearing. Although others had signed up, I guess they were afraid of the weather. But it cleared up just before the hike so they missed a great day on the mountain. 2 Participants: Reg Prouty and Michelle Viscariello.

Spring Bird Walk - Pack Forest, Warrensburg Sat, May 10, 2014, Rich Speidel

- We started two hours later than planned to allow rain to pass through the area. By mid-morning it was sunny and warm, and the birds responded. We came across several small clusters of warblers, some in a single tree. Yellow-rumped warblers were most common, along with brief sightings of pine, magnolia, Blackburnian, black-throated blue and black-throated green warblers. A highlight for our group was an extended view of the Cape May warbler, an uncommon migrant that may be missed from year to year. We were also glad for the return of a pair of loons to Pack Forest Lake, one of 38 species identified during the day. 11 participants: Tillie Freeman, Jack Freeman, Mark Janey, Laurie LaFond, Licia Mackey, Joanne Morrison, David Morrison, Max Pine, Richard Pine, Edna Van Dorsten, and Rich Speidel.

Pharoah Mountain Sun, May 11, 2014, Lorraine MacKenzie

- What a beautiful day! It was clear, cool and just enough breeze to keep the black flies at a minimum. Visibility was so good we criss-crossed the summit and were able to see for miles in every direction! 12 Participants: Sandy Yellen, Susan Atwell, Josh Epstein, John Habermehl, Klaus Sommalatte, Jacques Roeth, Maureen Roeth, Mark Janey, Jeff Braunstein, Jack Whitney, Dan Monroe, and Lorraine MacKenzie.

Trip Reviews

Tuesday PADDLE Tue, May 13, 2014, Mo Coutant

- It was great to get back on the water! This was the first paddle trip of the season and due to the weather forecast and other plans, we paddled in the morning along the wetland or fen of Glen Lake. We try to get there early in the season before the weeds grow too much. Beavers had been trying to block the entrance to the wetland, but the Glen Lake Association tries to make sure they aren't successful! We meandered around and wound up following a Mutant Giganutula Great Blue Heron (a new species I just made up). Maybe it's because we haven't seen them in 6 months, but it looked huge! Much bigger than I remember them! Marian got a picture with her phone that's in the gallery, but I'm sure it doesn't do it justice! We also spotted turtles and redwinged blackbirds and random fish. I needed Jim there to ID those! 8 Participants: Maureen Coutant, Tina Crook, Paul Dietershagen, Bill Glendenning, Sharon Kendall, Lynne Silverberg, Maureen Tuttle, and Marian Walsh.

Pitchoff Sat, May 17, 2014, Wayne Richter and Chris Greco

- What a fun day we had! All of the rain expected for the hike day cleared out before we arrived, giving us as fine a mid-May day as one could hope for in the Adirondacks - not even black flies! We had stunning views all along Pitchoff's ridge as we took our time going from prominence to prominence. It was a bit tricky with a remnant patch of ice and a steep drop between the last two summits. We had lunch on the northeast summit, then headed back the way we came along the ridge to enjoy the views once again. On our way back down to the trailhead, we were treated to carpets of trillium and trout lily. 8 participants: Karen Burka, Colleen Downing, Chris Greco, John Habermehl, Susan Keely, Wayne Richter, Keith Strack, and Joanne Walczak.

The 29th Fire Tower Sun, May 18, 2014, Bill Carpenter and Jack Whitney

- This was a long drive but well worth it to climb the most recent fire tower trail that has opened to the public. The trail starts off relatively flat and then climbs 1200 ft. in the final mile to the open, rocky summit where hikers are rewarded with beautiful views in three directions (you can get a fantastic view in the fourth direction from a rock outcrop shortly before reaching the summit). It was an ideal day for a hike, although bug spray and/or a bug net were a good thing to have in your pack). Good group, good weather, a day in the woods ... does life get any better? 17 Participants: Laura Fiske, Cheryl Agris, Daniel Kane, Peter Bishop, Rich Holm, Dan Stec, Denise McQuade, Susan Troll, Dan Monroe, Pat Desbiens, Margie Litwin, Sandy Yellen, Ray Bouchard, Tricia Lockwood, Jeff Brannstein, Jack Whitney, and Bill Carpenter.

Tuesday Trek Tue, May 20, 2014, Mo Coutant

- This week we hiked up Hadley Mtn to see the wildflowers, fire tower, and great views. The black flies were just coming out and were much worse a few days later when I returned with my family. We were also lucky to go when we did since we saw trout lily in bloom, the painted trillium, rose twisted something, plus many other wildflowers which were much harder to find just 5 days later. Timing is key for spring hiking! Now bug spray is going to be the key! Once on top, the view was fabulous and some of us even ventured into the cab of the fire tower and others went on the path less traveled over to the 'garden.' 12 Participants: Bev and Bob Burnham, Rene Clarke, Mo Coutant, Rich Drew, Liz Gee, Sarah King, Eric Krantz, Licia Mackey, Kendra Pratt, George Sammons, and Laurie Williams.

Spring Bird Walk & Climb - Pack Forest, Warrensburg Sat, May 24, 2014, Rich Speidel

- Due to rain on May 24, this outing took place on May 25. The wait was worthwhile, as we had fair weather and good bird activity. The start of our walk featured an excellent close-up of a magnolia warbler and its vivid black and yellow striping. Other highlights included Blackburnian warblers, least flycatchers, and two Canada geese with six goslings. At the beaver pond, a large raptor was perched over the far shoreline. It soon took flight, dropped into the marsh, and then flew away. Even from a distance, we could confirm the bald eagle by its thick bill, flat wing span, and whitish head/tail. We had a clear view from the scenic overlook on Ben Wood Mountain, and concluded an enjoyable outing with 43 species. 8 Participants: Charles Bergmann, Patricia Brennan, Lindsey Duval, Cathy Hall, Licia Mackey, Terry Peek, Edna Van Dorsten, and Rich Speidel.

Tuesday Paddle Tue, May 27, 2014, Mo Coutant

- This week we actually went out on Wednesday to get a better day, but wound up paddling in a light mist for some of the trip. We went to the Stewart Pond Reservoir to see the eagle nest and hopefully an eagle. Since it was looking a bit dreary and we only had four of us braving the weather, we decided to move our cars and launching point closer to the nest in case we needed to make a speedy get away! We got on the water near the nest but didn't see any activity, so we paddled up to the Conklinville Dam and saw what I believe were some mergansers. Then we paddled back and saw the eagle flying over near the nest before landing out of sight. Lucky for us, some crows started harassing it and it flew into view again and rested on a branch just over the nest so we had a great view. We stayed and watched for quite awhile before heading out after a great trip. 4 Participants: Mo Coutant, D Demetreau, Bill Glendenning, and Licia Mackey.

Ampersand Mt Sun, Jun 1, 2014, Lorraine MacKenzie

- There were 12 of us who ventured out to climb this summit and brave the black flies. We couldn't have asked for a more beautiful day! It was clear, cool and breezy! The best combination of weather. The views of the High Peaks, Saranac Lakes and Ampersand Lakes were phenomenal! To top it off, we had a great group of people! 12 Participants: Sandy Yellen, Josh Epstein, Ania Gaguine, Joanne Walczak, Colleen Downing, Tricia Lockwood, Sharon Zaccarri, April Fiacco, David Sherman, Laura Fiske, Joe Lefevre, and Lorraine MacKenzie.

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

Adam Rubinstein

Adam Rubinstein has held a family membership with ADK for as long as he can remember. Find out more about him

Where do you live?

Ballston Spa, New York

Age and Occupation?

Age 7. I go to school at the Waldorf School of Saratoga Springs. I'm in second grade.

Where have you most enjoyed hiking?

Climbing the firetowers on Hadley and Kane Mountains, touching red efts at Sleeping Beauty, the waterfall at Shelving Rock Falls and eating cookies while looking at Lake George, trying to hug a big tree in Pine Orchard, the view from Prospect Mountain, standing in a puddle from a dead tree on the Hemlock Trail in Saratoga State Park, and finding awesome sticks in Skidmore's North Woods.

What do you like to do outdoors?

Ski at Gore Mountain and Killington Vermont, ride my bike, play soccer, play with friends.

What do you like most about nature?

I like to look at trees because some have funky shapes in them that look like faces.

How do you participate in ADK?

I like going hiking and finding all different kinds of frogs and red efts.

What do you like about ADK?

I like to go to the ADK meetings. I like when the meetings are at the restaurant.

Why are the Adirondacks important to you?

So other people can go hiking and have fun there and when I'm a grown up I can go there. And you have to save that place for mountain lions.



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!

