



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

Get Out your Blaze Orange!

It is officially hunting season within the Adirondacks. Safety in the woods necessitates some smart choices. Wearing blaze orange and/or red clothing can help set you apart. Stay away from wearing white, green or brown colors when hiking at this time of the year. If you wear these colors, you will blend into your surroundings and might be mistaken for a moving animal. Be safe and enjoy the outdoors!



Mackey Walks Over 2,000 Miles

Chapter member Steve Mackey hiked the entire 2,668 miles of the Pacific Crest Trail this past summer. He started April 8, 2014, in Campo, California (touching the US/Mexican border), and finished September 8, 2014 near Manning Provincial Park (touching the US/Canadian Border). The trail is closely aligned with the highest portions of the Sierra Nevada and Cascade mountain ranges. The hike included: 700 miles of desert in southern California, with US border patrols, rattlesnakes, wind farms, desert springs, water caches, and sun umbrellas; 1,000 miles in mid/northern California, with snowcapped volcanoes, High Sierra snowfields, dangerous river crossings, mosquitoes, and forest fires; 400 miles in Oregon, which included giardia, Crater Lake, Lava fields, and wild flowers; 500 miles in Washington that had a town that can only be reached by hiking or by ferry. Mackey went through towns so small that all the resupplies had to be sent to post offices. Come hear of his incredible journey!

Program

Steve Mackey and the Pacific Crest Trail
When: 7pm Thurs. Nov. 20
What: Presentation

Where: Crandall Library

Chapter Needs in 2015!

By Laura Fiske, Chapter Chair

Since this is my last report for 2014, I thought I would share with everyone the Chapter's needs for 2015. We need volunteers. At the time of this newsletter we have open committee positions for publicity and the Younger Members Group. Beginning in 2015, we have several officer positions vacant and no one to represent your chapter on the club's board of directors. In order to satisfy current openings and plan for future openings I ask you, the members, to consider volunteering your time to keep the chapter vibrant and growing.

We are one of the largest chapters in the Adirondack Mountain Club with over 2,200 members as of August 2014. That is a lot of potential volunteers. Typically, a small percentage of members are active in the chapter either through attending outings, programs, or volunteering. If you are part of that minority, that is great. If you are not actively involved, please consider helping out your chapter.



"We can find a place for you!"

In order to prepare for new faces, the Executive Committee is updating officer and committee job descriptions to reflect current practice. This document is available on the chapter website and will be updated as changes are made. Take a look and see where your interest and expertise can be best utilized. Positions vary in their time commitment and level of responsibility. Although not a specific position, we can use help from someone with expertise and interest in social media.

In addition to positions on the Executive Committee, the chapter can always use additional outings leaders. If there are places you like to go, consider becoming an outings leader and introduce others to these special places.

You can complete the volunteer request form on the chapter website (under Chapter Information; Forms and Guidelines) or contact me directly. We can find a place for you!

Volunteering is a great way to meet new people, gather valuable skills and give back to the organization.

Chepontuc Footnotes

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

Executive Committee Officers:

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

First Vice Chair 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

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

Annual Dinner Anne Paolano
annualdinner@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

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

Adventures in and around the Adirondacks

Most would agree that the High Peaks of the Adirondacks enjoy the spotlight when it comes to discussions among outdoor enthusiasts from our area. Let's try something different by letting chapter member Peter Fedorick take us on a pictorial journey to some other Adirondack gems in his presentation

Program

Adventures in and around the Adirondacks with Peter Fedorick

When: 7pm Jan. 21

What: Presentation

Where: Crandall Library

“Adventures in and around the Adirondacks.” Fedorick will show us often-overlooked images of pad-

dling, hiking and biking available in our backyard, such as paddling Lens Lake, visiting the Tupelos of Lincoln Mountain State Forest, and biking the back-roads of Shushan.



Fire Tower Challenge News By Kathi and Tim Noble

It has been a busy summer with people completing the Fire Tower Challenge. Since our last newsletter 17 people have sent in their accomplishments. This is the largest number in quite some time and we'd like congratulate them all. The list contains brothers, father and sons, a newly engaged couple and two who met on the trail and became a couple. It shows that the word is getting around about the great experience of this quest. We expect to be sending out many more patches by the time the leaves have fallen and the snow flies, so if your close to completing the Challenge, get out and enjoy the fall colors!

Deborah Lemonds
Dustin Gardner
John & Judith Estok
Bruce Hadley
Tim Keyes
Rebecca Nichols
Jeremy & Brandon Preston
Henry Klee
Marshal Klee
John & Deborah Stubecki
Joel Lagaw
Trevor Kent
Michael Slaunwhite
Kirsti Lynch

Executive Committee Meeting Minutes

Minutes from September 3, 2014

Chapter Chair Laura Fiske asked committee members to review the job descriptions for their positions. Updates to the program committee are needed pending the vote on the by-laws at the annual meeting. Changes to the job descriptions only require approval by the executive committee. She asked that changes be submitted for approval by the end of 2014.

Chapter Chair Laura Fiske reviewed an email she received regarding the disrepair of the trails and lack of markers at Hudson Pointe. The committee suggested she forward the email to the Queensbury recreation department to make them aware of the issues.

The committee engaged in a discussion regarding enhancing and modernizing the chapter website. The committee is asked to review other ADK chapter websites and like-minded organizations to see if there are features they like and should be considered for the chapter website.

The committee discussed improving the “firetower” section of the website. HQ will be contacted about the availability of the current version of the book Views on High. The committee liked the idea of providing an option for “firetower” merchandise, as long as the chapter is not involved in the transaction. More discussion on this topic will occur at the October meeting. Additionally, the committee agreed that links to non-profit organizations that the chapter supports are okay to have on the chapter website.

By Linda Rinado,
Education Chair

Our Glens Falls-Saratoga ADK chapter is seeking candidates to sponsor for week long summer camperships at DEC's **Camp Colby** and **Pack Forest**, and ADK's five day High School **Teen Trails** maintenance projects. These programs heighten awareness and appreciation of nature and environmental concerns, via educational and/or recreational activities. For those selected, attendance fees (\$350 DEC and \$250 ADK) are paid by our chapter.

The Lake Colby Environmental Education Camp, for youth ages **11 to 13**, is located just outside the Village of Saranac Lake. Campers participate in a discovery group while at Camp Colby, completing six lessons ranging from group dynamics to field, forest, and pond explorations, to a study of human impact. Group members learn science, solve challenges, play games, keep a journal, catch salamanders, net butterflies and discover the interconnectedness of life on Earth. College-educated counselor staff guides all activities, encouraging participation and respect among group members while interpreting the natural world for campers. Experiences include fishing, canoeing, archery, exploring a bog and overnight camping trips. Sponsored camper Gen Coutant wrote ADK, "I went to Camp Colby this summer and I loved it! I just wanted to tell you to try it because I had so much fun. We had an overnight trip. Another night we got to sleep in tents and we played a really fun game in the dark. We also swam a lot and had a really fun night called world dance. We had an awesome night hike and the counselors showed us some cool stuff. I learned tons of new games to teach my friends back home. All the counselors were really nice and fun and one of them even looked like Thor! Plus the cabins and beds were really nice, which sounds like an odd thing to say, but I have been to camps with really bad "cabins." Also, surprisingly, the bathrooms and showers were not that bad. There was a thing called the polar bear where you jumped in the water three times bright and early in the morning; it was so fun. Furthermore the food was great too. I am an extremely picky eater, but could always find something to eat. Overall this camp was the best one I have gone to and I hope to go back again and see you there. Thanks Glens Falls Saratoga Chapter of ADK for sponsoring me!"

Pack Forest, just north of Warrensburg, offers camp sessions for both teens **14 to 17** years old and youth ages **11 to 13**. Sessions offer the older campers a chance to explore forestry, aquatic biology, wildlife management, field ecology and other environmental issues. Workshop attendees learn about professional forestry techniques, such as the use of Biltmore sticks and increment borers. The program emphasizes group dynamics and teamwork as essential to the environmental decision-making process. Staff encourages interaction, communication and cooperation as campers seek solutions to group challenge activities. Students also discover their individual strengths and abilities. Pack Forest campers participate in exhilarating out-of-camp canoeing or backpacking trips in the beautiful Adirondacks. Optional activities

during the week include fly fishing, hiking, swimming, shooting sports and orienteering. Camper Nicholas Wright thanked us for giving him "this amazing experience to learn more about the wilderness ... we went fishing, we did archery, and even got to see a wild black bear. Overall it was amazing."

ADK's Teen Trail five day projects are geared towards high school students (**aged 14 to 17**). This program, which relies upon teamwork and shared responsibility, focuses on trail maintenance. Participants learn skills as how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, or how to use boulders with a steel bar. Through the course of a trail project, which can be physically challenging, campers share in a fun and rewarding experience while forming new friendships and memories. Ultimately a quality trail project is completed by trail crews that will protect the natural resource for many years. ADK provides campers with food, group camping

gear, tools and experienced leadership. Campership recipient Andrew Williams (seen in the photo below) said, "We put in stepping stones and scree rocks along the lower section of the trail. My main job for the week was finding and carrying the stones to the trail. The previous trail crews had removed most the rocks nearby for their sections of trail so we had to find new places to find quarry stones. The best place we found for rocks was on the other side of a small hill where there was a stream that had plenty of rocks to get from it; it was a little far away but we managed, and had fun building the trail. I always appreciated trail work done in the Adirondacks like bog bridges and stepping stones, now that I've done some trail work I appreciate it even more, because of the amount of effort I know goes into making it. One of my favorite parts of the trip was how I had kids my age to talk to about hiking, because at my school no one else seems to like hiking very much, and I finally found some kids who did. On the trip I also had fun doing activities after work was done that day with the other kids I met; most days after work we went swimming and cliff jumping just downstream from the suspension bridge. On the final evening we even got to go hike Big Slide; for one kid, Casey, it was his first high peak. Thank you for sponsoring me; I had a truly great time."



Application forms for all of these sponsorships may be downloaded from the Education tab on our website (<http://www.adk-gfs.org>) and, when completed, sent to:

Linda Rinado
18 Pine Ridge Road
Hadley, NY 12835

Applications must be received by **December 28th**. If you have any questions, you may call me at 696-7265 or e-mail me at lrinado@hotmail.com.

Outings and Programs Schedule

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

Date	Day	Type	Destination	Leader(s)	Rating
November					
2	Sun	Bushwack	Vista Trail to Erebus	Jayne Boudier	A
2	Sun	Hike	Rooster Comb Mountain	Jack Whitney	B
3	Mon	Geocache	Monthly Monday Geocache	Sarah King, Maureen Coutant	NR
5	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
8	Sat	Hike	Van Deusen and Hudson Pointe Preserves	Reg Prouty	C+
9	Sun	Hike/Snowshoe	YMG - Goodnow Fire Tower	Jen Shepherd	B
9	Sun	Hike	Walk around Thirteenth Lake	Bill Schwarz	B
12	Wed	Hike	OK Slip Falls	Mo Coutant	B-
15	Sat	Hike	Peebles Island State Park	Reg Prouty	C
18	Tue	Hike	Black Mtn. loop trail	Maureen Coutant	B
20	Thu	Program	The Pacific Crest Trail with Steve Mackey	Sarah King	NR
22	Sat	Hike/Snowshoe	Northwest Bay Uplands	Jayne Boudier	A
27	Thu	Hike	Turkey Trot #16 Saratoga Battlefield Hike	Rich Crammond	C+
29	Sat	Hike	Moreau Lake State Park Western Ridge Loop to Lake Overlook	Reg Prouty	B-
December					
1	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
3	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
7	Sun	Hike/Snowshoe	Fifth Peak	Jack Whitney	B
9	Tue	Walk/Hike	Tuesday Trek	Mo Coutant	NR
13	Sat	Hike/Snowshoe	Wilton Wildlife Park Hike/Snowshoe	Rich Crammond	C+
16	Tue	Walk/Ski/Snowshoe	Tues Trek	Mo Coutant	NR
21	Sun	Hike/Snowshoe	Winter Fire Tower Challenge.,	Jack Whitney	B
23	Tue	Walk/Ski/Snowshoe	Tues Trek	Mo Coutant	NR
28	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
30	Tue	Walk/Ski/Snowshoe	Tues Trek	Mo Coutant	NR
January					
1	Thu	Hike/Snowshoe	Annual Buck Mountain New Year's Day Hike	Reg Prouty, Bob Aspholm	B
1	Thu	Hike/Snowshoe	Winter Fire Tower Challenge , Hadley Mt	Jack Whitney	B-
4	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
5	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
13	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
18	Sun	Snowshoe	Snowshoe Moreau State Park	Bill Schwarz	B
20	Tue	Walk/Ski/Snowshoe	Tues Trek	Mo Coutant	NR
21	Wed	Program	Program	Sarah King	NR
24	Sat	Hike/Snowshoe	Hudson Crossing / Happy New Year Outing	Rich Crammond	C+
27	Tue	Walk/Ski/Snowshoe	Tues Trek	Mo Coutant	NR
31	Sat	Hike/Snowshoe	The Santanonis	Wayne Richter, Mike Fuller	A+
31	Sat	Hike/Snowshoe	Fifth Peak Lean-to	Reg Prouty	B-

Outings Detail

VISTA TRAIL TO EREBUS

Sun, Nov 2, 2014, 7:30 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- Starting at Shelving Rock, we'll zig-zag our way up the ridge toward Erebus. There are nice views along the way, a short, steep bushwack to the Erebus ridge, and a great view of the Narrows from the top (when I can find it). The trip is 8 miles, with 2,200 ft ascent. The A rating means an 'all day hike,' at a moderate to leisurely pace.

ROOSTER COMB MOUNTAIN - [Hike]

Sun, Nov 2, 2014, 8:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- We will start from the trailhead just south of Keene Valley. Round trip distance to Rooster Comb is five miles. Total ascent is 1,750 ft. The summit has two vistas, one to the north and one to the south, both with great views. Call or e-mail leader for details. Wear orange. It is hunting season! This hike will be at a leisurely pace. By the way, remember Daylight Savings Time ends this weekend and turn your clocks ahead before you go to bed!

MONTHLY MONDAY GEOCACHE

Mon, Nov 3, 2014, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: Maureen Coutant - *518-745-7834 or mo-jim@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!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Nov 5, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lhacox@nycap.rr.com
- Board Meeting-Carl R's Exit 18

VAN DEUSEN AND HUDSON POINTE PRESERVES - [Hike]

Sat, Nov 8, 2014, 9:00 am, Rating: C+
Reg Prouty - 518-747-9736
- These two short hikes, with only a little elevation change, are easy to do in the same morning close together in Queensbury. Hudson Pointe is down by the Hudson River off Corinth Road and Van Deusen is off West Mountain Road. About 4.5 miles total.

YMG - GOODNOW FIRE TOWER - [Hike/Snowshoe]

Sun, Nov 9, 2014, 7:30 am, Rating: B
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- Goodnow fire tower is a great hike for hikers of all abilities. It may be a little long and strenuous for a beginner though. Hike is 3.8 miles round trip with some steep sections along the way. With 1,040 feet of elevation gain this hike is a very pleasant trip on a well maintained trail. If we don't have snow yet, you'll enjoy the nice wooden boardwalk around the old horse stables. On the summit you're treated to a lovely view along with a fire tower we can climb all the way to the top and a cabin that's locked but has nice windows to peer into. With the holidays quickly approaching, maybe a festive summit treat might be in order. Pack plenty of warm layers, food and fluids. We'll keep a comfortable steady pace, lunch on the summit if it's not too cold or back in the woods where it's sheltered. Bring your cameras as there's plenty to see. Contact hike leader for more info or to sign up. Email is faster and preferred. No phone calls after 7pm for those that don't have email, no texts. Sign ups no later than Friday before the hike. Bad weather will cancel. See you on the trails!

WALK AROUND THIRTEENTH LAKE - [Hike]

Sun, Nov 9, 2014, 8:00 am, Rating: B
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- This excursion includes parts of the Hour Pond and Siamese Pond trails--it's a complete circuit of the lake, returning via Old Farm Clearing. The eight-mile length provides flat stretches as well as some climbs, with a mile of dirt-road walking at the end. Bring lunch and a sense of adventure. Rain (or other precip) cancels; we may stop in North Creek for snacks on the return.

OK SLIP FALLS - [Hike]

Wed, Nov 12, 2014, 9:00 am, Rating: B-
Mo Coutant - 745-7834, mojim@roadrunner.com
- Nick has been leading trips into OK Slip this past year, but if you're free on Wednesday, come join me on a walk into the waterfall. I'm just doing the basic trip - three miles in to the waterfall and then back out. So six miles gets the B rating, not much elevation change bumps it down to a B-. It is muddy and mucky at the beginning though ... so beware! Call or email to sign up.

PEEBLES ISLAND STATE PARK - [Hike]

Sat, Nov 15, 2014, 10:00 am, Rating: C
Reg Prouty - 518-747-9736
- This is a very picturesque area as the overlook takes in the confluence of the Hudson and Mohawk Rivers. It is located in Waterford just over a little bridge just south of the village. The trail is level and is a two mile loop, even if following the outer loop. It is not uncommon to see several dozen deer browsing at close range. Also nearby is one of the locks in the state barge canal system which makes for an interesting short walk.

BLACK MTN LOOP TRAIL - [Hike]

Tue, Nov 18, 2014, 8:30 am, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- I recently did this hike and was reminded of how nice it is. We'll hike 2.5 miles to the summit with an approx ascent of 1,000 ft. From there we'll continue down the lake side trail for a mile before turning off to the pond trail that will bring us by the Black Mountain ponds and Lapland pond and returning to the parking area. Round trip distance approximately 6.5 miles. Call or email to sign up.

THE PACIFIC CREST TRAIL WITH STEVE MACKEY - [Program]

Thu, Nov 20, 2014, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join Steve Mackey as he shares his recent trip on the Pacific Crest Trail.

NORTHWEST BAY UPLANDS - [Hike/Snowshoe]

Sat, Nov 22, 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 trail-marked woods. Approximately seven miles, and 1,800 ft. ascent. The 'A' rating stands for 'all day hike,' at a moderate to relaxed pace.

TURKEY TROT #16 SARATOGA BATTLEFIELD HIKE

Thu, Nov 27, 2014, 8:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Let's work up another holiday hunger with around five miles of hiking for this morning hike. Cameras, field glasses, and warm clothing will be good to have with you. Meeting place: Visitors parking lot off Rt. 32, Stillwater. Happy Thanksgiving to all my hiking buds.

Outings Detail

MOREAU LAKE STATE PARK WESTERN RIDGE LOOP TO LAKE OVERLOOK - [Hike]

Sat, Nov 29, 2014, 9:00 am, Rating: B-
Reg Prouty - 518-747-9736
- This is one of my favorite fairly easy loops in the park that is a good one if one just wants to have a good 5-6 mile climb to the overlook. Recent tree cutting by the park has assured a view of the lake. Only a few hundred feet of ascent are gained just to get up on the ridge. After the leaves are gone the views toward the river are even better.

MONTHLY MONDAY GEOCACHE

Mon, Dec 1, 2014, 9:00 am, Rating: NR
Sarah King - 518-798-0615, scubakings@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!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Dec 3, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting- Saratoga- Wesley Health Center

FIFTH PEAK - [Hike/Snowshoe]

Sun, Dec 7, 2014, 8:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- There are great views of the Lake George and the mountains on the East side from this summit. The hike will begin at the Clay Meadows trailhead. Round trip is about five miles. Wear orange. It is hunting season. Call or e-mail leader for details.

TUESDAY TREK - [Walk/Hike]

Tue, Dec 9, 2014, 9:00 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- I'm going to start up my weekly midweek walk/hike/snowshoe/ski this week. Usually I start it in the fall, but this year I decided to lead a hike or two in the Adirondacks instead. But with the colder weather, my trips will be closer to home; within an hour of Glens Falls and usually done in a couple of hours or by mid afternoon if doing a longer trip. I try to mix up the outings from easy to hard. Call or email Sunday evening or Monday to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

WILTON WILDLIFE PARK HIKE/SNOWSHOE

Sat, Dec 13, 2014, 10:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Let's hike or snowshoe around the park again this year for about three miles total. We will also go by an old fire tower on this outing. Meeting place: Dicks Sporting Goods parking lot off of Route 50, Wilton Mall. Please dress for cold weather.

TUES TREK - [Walk/Ski/Snowshoe]

Tue, Dec 16, 2014, 9:00 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See December 9.

WINTER FIRE TOWER CHALLENGE. - [Hike/Snowshoe]

Sun, Dec 21, 2014, 6:45 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- For those who are unaware, there is now a winter fire tower challenge. For further details on this challenge, check out the Glens Falls/Saratoga website at www.adk-gfs.org. Depending how much snow has fallen we will attempt to hike one these fire towers- Vanderwhacker, Wakley or Owls Head.

TUES TREK - [Walk/Ski/Snowshoe]

Tue, Dec 23, 2014, 9:30 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This will be our Holiday hike at Moreau State Park. We'll hike around the lake, maybe visit Mud Pond and wind up at the warming hut for lunch or a snack. Bring some cookies or hot cocoa to share! It's school break, so if I can get my daughter up she'll join us! Bring your kids or grandkids.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Dec 28, 2014, 7:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- We will continue to work on the Winter Fire Tower Challenge. A mountain to be selected closer to the date of the hike or even the date of the hike determined by weather and conditions. Please call or 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.

TUES TREK - [Walk/Ski/Snowshoe]

Tue, Dec 30, 2014, 10:00 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This week we'll hopefully have snow and be able to snowshoe through Gurney Lane Park in Queensbury. It's school break, so bring your kids or grandkids and a tube or sled to go down the small hill afterwards. Or go down yourself if you dare! There's usually a fire in the woodstove, hot cocoa and snowshoes available to borrow. If no snow, this will turn into a walk in the woods!

ANNUAL BUCK MOUNTAIN NEW YEAR'S DAY HIKE

Thu, Jan 1, 2015, 8:00 am, Rating: B
Reg Prouty - 518-747-9736
Colead: Bob Aspholm
- Come help us ring in the new year on our annual Buck Mtn. summit celebration atop Lake George's best place to be on the first day of 2015. Let's hope for a big snowstorm. Only an ice storm will cancel. Be sure to bring a bell, your singing voice or a musical instrument for performance of Auld Lang Syne. About six miles round trip with moderate climbing.

WINTER FIRE TOWER CHALLENGE, HADLEY MT - [Hike/Snowshoe]

Thu, Jan 1, 2015, 9:00 am, Rating: B-
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This mountain has one of the most spectacular views of the fire towers. Round trip 3.6 miles with 1,525 elevation gain. If there is adequate snow, this can be a good beginner snowshoe hike - a moderate climb at the beginning, a flat section once we get to the ridge and then a moderate climb to the summit.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Jan 4, 2015, 7:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- We will continue to work on the Winter Fire Tower Challenge. A mountain to be selected closer to the date of the hike or even the date of the hike determined by weather and conditions. Please call or 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.

MONTHLY MONDAY GEOCACHE

Mon, Jan 5, 2015, 9:00 am, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- See December 1.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Jan 13, 2015, 9:30 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- The midweek trips are usually within an hour of Glens Falls and

Outing Details and Trip Reviews

done in a couple of hours, or by mid afternoon if doing a longer trip. I try to mix up the outings from easy to hard. Call or email Sunday evening or Monday to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

SNOWSHOE MOREAU STATE PARK

Sun, Jan 18, 2015, 8:00 am, Rating: B
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- We'll explore some of the newer trails in the western section - and they're not flat! Expect to travel five or six miles with plenty of short ups and downs. We can get views of the Spier Falls Dam as well as Moreau Lake; we'll try to start from the upper trailhead on Spier Falls Road (carpooling advisable). We'll hike if snow is scarce; it's happened before.

TUES TREK - [Walk/Ski/Snowshoe]

Tue, Jan 20, 2015, 9:30 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See January 13.

PROGRAM

Wed, Jan 21, 2015, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join us for our monthly program which will be held at Crandall Library. Peter Fedorick will present 'Adventures in and around the Adirondaks.' See inside this newsletter for more information.

HUDSON CROSSING / HAPPY NEW YEAR OUTING -

[Hike/Snowshoe]
Sat, Jan 24, 2015, 9:00 am, Rating: C+
Rich Crammond - 518-584-2380
- This outing will be about two miles up and back down the west shore of the Hudson River, Lock 5 Schuylerville area. We will hike or snowshoe up to Eagle Point, then back to the parking lot. Bring your field glasses, warm clothes and snowshoes. We'll scope for eagles from the Dix Bridge also. See you there.

TUES TREK - [Walk/Ski/Snowshoe]

Tue, Jan 27, 2015, 9:30 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See January 13.

THE SANTANONIS - [Hike/Snowshoe]

Sat, Jan 31, 2015, 5:30 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Mike Fuller - 802-254-3314 or farmallboy55@hotmail.com
- We had so much fun hiking the Santanonis in the summer that we're going in winter. We'll go up to Panther, then over to Couchsachraga and back, and finally along the ridge to Santanoni. Let's hope for a clear day and great views. And there won't be mud!

FIFTH PEAK LEAN-TO - [Hike/Snowshoe]

Sat, Jan 31, 2015, 8:00 am, Rating: B-
Reg Prouty - 518-747-9736
- Come enjoy a nice mid-winter snowshoe up Lake George's most popular Tongue Mountain overlook where the high peaks are even visible on a clear day. Round trip is about four miles with a moderate pace and a few hundred feet of ascent.

a father and daughter team joined us. We also ran into 'Uncle Wayne' heading back from Allen. Skylight Brook yielded a break and we fueled up for the climb. Time for Red Slime Warning! Yeah the summit! Time for lunch and pictures. And, I showed everyone the views off the north side. Hey, let's head back! When we reached Skylight Brook it started to rain. The trail suddenly turned into a brook with lots of mud. But, the last hour of the hike was rain free with breaks of sun. We were out with daylight to spare. A great day and a fun group. Thanks Chris for giving a ride to the father and daughter team back to their car at Upper Works. 8 participants: Dennis Walsh, Heather Webb, Dan Rammacher, Intaba Liff Anderson, Denise McQuade, Remus Preda, Chris Collins and Mike Fuller.

Indian Head and Fishhawk Cliffs Sat, Aug 2, 2014, Reg Prouty

- It was a beautiful summer day for a hike to one of the best overlooks in the Adirondacks. After lunch on Indian Head we headed to Fish Hawk Cliffs for a look at Indian Head from there. There was ample water in the pretty flumes in Gill Brook on the return trip to the Lake Road. The rain held off as long as it could. 7 Participants: Reg Prouty, Nathan June, Charlotte Smith, Linda Veraska, Mitch Zimmer, Donna Zimmer and Marianne Hines.

McKenzie Mt.- Saranac Lake 6 Sun, Aug 3, 2014, Jack Whitney

- We climbed McKenzie from the Bartlett Pond Trail which is a much more hiker-friendly trail than the other trail from Rt. 86. This was a large group of ten people. Weather was cooperative and we were rewarded with great views to share with good friends. 10 Participants: Susan Howard, Laura Fiske, April Fiacco, Lorraine MacKenzie, Sharon Zaccara, Chris Imperial, Klaus Summerlatte, Sandy Yellen, Marsha LaPointe, Marion Hanover, and Jack Whitney.

Tuesday Paddle Tue, Aug 5, 2014, Mo Coutant

- This week we paddled another section of the Hudson. We went from just above the Feeder Canal Dam up to the old logging booms before turning around. We saw a Great Blue Heron and John saw a little beaver or muskrat. The river was like glass which made for an easy paddle. Nice evening out, as usual! 10 Participants: Mo Coutant, Tina Crook, Ann Hunt, Jane Kana, Nancy Lyons, Licia Mackey, John Schneider, Charlotte Smith, Donna and Mitch Zimmer

Seward Range Sat, Aug 16, 2014, Wayne Richter

- The big surprise of the day was arriving at the trailhead to find the parking lot full and cars parked along the side of the road. This is the Seward's - nobody goes to the Seward's! With great rain a few days before, overcast skies and cool temperatures worthy of late September, the day started muddy and stayed muddy. Undaunted by the mud, we headed to the Calkins Brook herd path and took our first break at the camping area just over the stream. We then made the long climb up to the ridge and crowded on to Donaldson which gave us hazy views to the east. It was on the way to Emmons that we met many of those who had arrived before us. The clouds moved in and we didn't get to see much on the way. We packed into Emmons's meager summit for lunch, went back up the ridge and then down on the long descent before Seward. We had a rewarding climb up Seward as the clouds lifted, then an interminably long descent. Following a rest at a beautiful stream crossing, we made the long hike out on the Ward Brook Truck Trail. Elizabeth gets the 'Why did I do this?' award for hiking in running shoes that she improbably managed to keep dry (did I mention there was mud?) while carrying brand new hiking boots in her pack. 11 Participants: Josh Baker, Sandy DeMers, Nicole Durocher Beaulne, elen Hokula, JP Martin, Elizabeth McLanahan, Remus Preda, Patrick Reilly, Wayne Richter, Joan Scibetta, and Heather Webb.

Big Pond and North Pond Sat, Aug 16, 2014, Rich Crammond

- Such a great day for hiking in the 'Dacks - cool temperatures and

Trip Reviews

Allen 'The Big Nasty' Sat, Aug 2, 2014, Mike Fuller

- Ahhh! The summer Big Nasty. The weather called for showers, but all we encountered was a few morning clouds. Our enthusiastic group was eager to add Allen to their list. We had a pretty dry trail and even 'The Opalescent' was just a stone hopper. On the way in

Trip Reviews

along. 3 Participants: Bill Glendening, Richard Elvis Crammond, and Rich Crammond.

Prospect Mtn - back side approach Sun, Aug 17, 2014, Maureen Coutant

- This trip was added to the website after the newsletter came out. Be sure to check the website at www.adk-gfs.org, as some trips do get added every once in awhile! We did it as an ADK outing and invited some of the young musicians who were in Lake George for the music festival to join us. Four of them came out for a short hike up Prospect Mountain from the back side (Lake George Rec trails). We had a great time hearing about their music festival experiences and the lives of up and coming musicians! They particularly liked seeing the red efts on the trail. I think there's a new facebook page for the red eft! Participants: 7 ADK: Mo Coutant, Bill Glendening, and Licia Mackey; Lake George Music Festival: Andrew (Viola, Pittsburgh), Natalie (Cello, Kentucky), Hajnal (Violin, Memphis), and Minji (Violin, So. Korea).

Tuesday Paddle Tue, Aug 19, 2014, Mo Coutant

- This week we paddled up the Schroon River from the County Home Bridge just off Exit 23. The water was a little higher than in previous trips and the current seemed a little stronger than I remembered, but it made for a little more of a workout. Not too tough though. We paddled upstream for about 1-1/4 hours and the cruised back with the current took half that time! We were also treated with a great blue heron flying right over some of us and then an osprey doing the same thing! This was a new paddle for some in the group and everyone seemed to enjoy the evening on the water. 11 Participants: Jane Boudier, Mo Coutant, Tina Crook, Charlie and Linda Czech, Paul Dietershagen, Bill Glendening, Jane Kana, Licia Mackey, George Sammons, and Charlotte Smith.

Noonmark and Possibly Round Sat, Aug 23, 2014, Reg Prouty

- After ascending Round Mountain and having a pretty good workout in so doing, we had a leisurely lunch and searched for the trail down to the col that leads to the trail to Noonmark. Upon reaching that junction, we made the decision to save Noonmark for another day. The view from Round was very rewarding for the climbing we did. 4 Participants: Reg Prouty, Nathan June, Mark Passa, and Shelly Burke.

Tuesday Paddle Tue, Sep 2, 2014, Mo Coutant

- This trip was actually led by Jayne Boudier with help from locals, Tim and Mary Ward. The plan was to go in to Lake Champlain along a right of way on the side of a road in the South Bay. Unfortunately, I guess it was windy the day before and the southerly wind moved about 10 inches of water northward. Hard to believe, but according to the locals, it happens! So to get to the water from our launch point was going to be a slog through knee high muck. We found a better spot at the end of the access point, but it involved a four foot drop-off the road and then a little less soggy walk through reeds. But once we got on the water, it was all good! Great even! The cliff and mountains surrounding that section of the South Bay are impressive! We paddled through a canal in a wild rice paddy and along the side of 'the Diameter,' a rock face reminiscent of a mini half dome. It was a warm evening, but as we got past the diameter we felt a cool breeze like someone had opened a huge refrigerator door. Apparently, the snow and ice gets trapped beneath the rubble field below the cliff face and creates cool breezes all summer long. Something to remember for next summer on a hot and humid day! We got out at dusk to discover a reason not to have two of the same car brands in the family or not have both keys with you! The wrong one was brought with us on the paddle and the keys to the car at the launch site were locked inside! Most of us had fun at the Stewarts in Whitehall as the car got unlocked and we were all on our way a little later than planned, but with stories to tell! 14 Participants: Jayne Boudier, Mo Coutant, Carmelita DeCicco, Paul Dietershagen, Mark Janey, Beth Johansen, Licia Mackey, Anne Paolano, George Sammons, Tim and Mary Ward, and

Gwenn, Don and Holly.

Redfield and Cliff Sat, Sep 6, 2014, Wayne Richter and Chris Greco

- Due to the forecast of rain and possible thunderstorms on Saturday, we moved the hike to Sunday, fortunately losing only a couple of people. More fortunate still was the spectacular day that Sunday gave us: clear skies and crisp, fall-like air - an ideal hiking day. We left from Heart Lake and took our first break sitting in the sun on the rocks along Lake Arnold. We decided to go up Cliff first and get the Trials of Cliff - the mud wallow and the cliffs - behind us. All went well and I found myself really enjoying Cliff; it's an underrated peak with some fine views along the way. We descended as well as we came up, then began our ascent of Redfield. With the late afternoon sun sparkling on Uphill Brook and dappling leaves on the opposite valley wall that were just beginning to turn yellow, this was a splendid climb. Redfield has wonderful views from the summit and one of the best framings of Marcy anywhere just below the top. We needed our headlamps just after Lake Arnold and got a final treat in the remaining hours of walking out in the dark. The night was clear and still with a nearly full moon illuminating the open areas. 9 Participants: Tom Bronchetti, Karen Burka, Joe Burka, Sandy DeMers, Colleen Downing, Intaba Liff-Anderson, Elizabeth McLanahan, Wayne Richter, and Heather Webb.

Black Bear Mt. Sun, Sep 7, 2014, Jack Whitney

- Six hearty souls met at Panera's to make the scenic ride up Rt. 28 to the trailhead of this mountain located just outside of Inlet, New York. Once at the trailhead it was an easy, leisurely hike to the summit where we all enjoyed the views, our lunches and everyone's camaraderie. On the way out we were surprised when a young deer appeared in the trail in front of us but was totally unafraid and stayed with us walking along side just off the trail for quite some distance. A great camera moment! 6 Participants: Subhan Al, Pat Desbiens, Rita Perry, Robert Perry, Cindy Zicker, and Jack Whitney.

Monthly Monday Geocache Mon, Sep 8, 2014, Sarah King and Mo Coutant

- Well, the kids are back in school and the boat traffic is gone so time to head up to Northwest Bay on Lake George to do some geocaching and kayaking! We lucked out and had a beautiful September day to do this paddle. There were a whopping 16 caches from the launch all the way out to Montcalm Point. My goal was to get out to Montcalm Point as I had never paddled this far. It was four miles from the launch. We did several caches on the way out of the channel, and then decided to head for the point as we wanted to get there before the wind kicked up. We made it out to the point, finding most of the caches on the way, and stopped for lunch in our boats in a bay. Chocolate chip cookies were provided by Licia. Paul was mostly fishing, Mike was rowing, and the girls were caching. No rattlesnakes were to be found. Perfect day on the lake and 16 out of 16 caches found. 6 Participants: Sarah King, Mo Coutant, Licia Mackey, Diane Demetriou, Mike George, and Paul Dietershagen.

Pitchoff Mtn Tue, Sep 9, 2014, Maureen Coutant - It had been so long that I forgot how steep it was coming down off the final peak with many of the participants saying it should be an 'A' hike! It doesn't meet the official criteria, but the views, interest, and steepness of the descent certainly are on par with some of the High Peaks! The hike up to Balanced Rocks was not bad at all and the view was very unique. I'd forgotten that you look over at the Bob-sled track, which is weird! But then over to Cascade and Porter and the other typical mountain scenery. The rocks along the ridge were very cool and photos were taken by everyone there. Then on to the next peak along the ridge for a nice lunch break looking over to the slide on Cascade. We tore ourselves away and on to more and more peaks. 'Are we going over there?' It turns out we were, again and again! The views were more and more spectacular, but

Trip Reviews

we had to pay with a steep decline! Sore toes weren't really helped by the Stewarts ice cream afterwards! 13 Participants: Annemarie Carberry, Jim and Mo Coutant, Paul Dietershagen, Denise Erwin, Ania Gaguine, Gretchen Gedzoiz, Mark Janey, Nathan June, Eric Krantz, Liz Mulshine, Anne Paolano, and Lynne Silverberg.

Mt. Colden Sat, Sep 13, 2014, Bill Morse

- We were hoping to beat the rain, but it was early. It was a very wet hike, especially on the way out. First High Peak for Pegah. A bit of a challenge to start the 46, but she survived. Sleet and rain at the top with no view. It's 9/13 and there was snow. Don't we get an autumn? Good hardy group for a wet day. 7 Participants: Nicole Durocher Beaulne, Colleen Downing, Pegah Jamshidi, Terry Langlois, Kelli Schaefer, Heather Webb, Bill Morse and Abbey.

OK Slip Falls and Blue Ledge Overlook Sat, Sep 13, 2014, Nick Ringelberg

- We went in on the camp road, stopping at the old Crehore Garnet Mine and tunnel. Next was the OK Slip Falls overlook and views of Kettle Mtn. from the top of the falls. A mile of bushwhack took us to the Hudson River at Carter Landing with its disappearing stream and cave, but we couldn't find the entrance. Another mile bushwhack on the deer trail ridge above the Hudson and we saw some rafters on the rapids below the Blue Ledges. We found the entrance of a second cave and crept into the darkness a little ways near the Blue Ledge Overlook. In the light rain we enjoyed the Blue Ledge view, upriver, but a little overcast. One more cave at the Carter Ponds, but it was pretty wet and the beaver activity seemed to be keeping it that way. Walking out we admired the island in Ross Pond from the rock campsite and commiserated with two campers who were trying to dry out, the only people (except for the rafters) we saw all day. Fab Day, Great Group, A+ hike! 5 Participants: Neal Andrews, Lem Hlooo, Lawray Hlooo, Wayne Ellett, and Nick Ringelberg.

Kings Flow, Humphrey Mt. trail (unmaintained) Sat, Sep 13, 2014, Rich Crammond and Jayne Boudier

- Humphrey Mtn. trail was a pleasant surprise - well defined and marked all the way to the overgrown lumber camp, and an odd cleared bump of garnet mine tailings. After that it became a damp, leafy bushwhack, marked by widely spaced bits of faded survivor tape, and foliage that had just reached saturation. At the last discernible bit of tape we were possibly 1/4 mile from the mine- in fog, with a good chance of getting lost. So Rich reluctantly turned us

around. Good thing, as we were sopped and chilled by the time we got back to the cars. We'll try it again sometime. Great group, great day! 4 Participants: Peter Bishop, Jayne Boudier, Rich Crammond, and Reg Prouty.

Hurricane Mountain Sun, Sep 14, 2014, Jack Whitney

- We climbed Hurricane from the east following an old road up to the site of the former observers cabin. The trail gets a little steeper after the observers cabin but when you pop out onto the summit - the views are spectacular. A great day enjoyed by all. 11 Participants: Rich Holm, Rachel Baum, Shelly Burke, Laura Fiske, Ann Mundy, Klaus Sommerlithe, Sandra Foley, Rebecca Weller, Sandy and Jack Whitney.

MONDAY paddle Mon, Sep 15, 2014, Maureen Coutant

- After Labor Day the boat traffic on the big lakes really decreases, especially during the week. So we headed to Brant Lake for a paddle. We had great temperatures, blue sky and very little wind/waves. This allowed us to paddle further than we usually do and went about half way up the lake before switching to the other side to explore both shores. It was about a six mile trip and a great couple of hours out on the water! 9 Participants: Mo Coutant, Tina Crook, Carma Decicco, Paul Dietershagen, Bill Glendenning, Licia Mackey, Ciry Rinella, Carole and Richard Robbins.

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

G/F SARATOGA CHAPTER

JULY 2014

New Members

Nicholas & Gina Barnes, New York, New York
Bill Bucher, Glenville
Bruce Cummings, Saratoga Springs
Ryan Evans, Niskayuna
Robert Garabedian, Ballston Lake
Jack & Deborah Johnson, Lake George
Marie Keith & Jeff Lantz, Gansevoort
Lnda McGonagle, Genoa, New York
Rita & Rob Perry, Fort Edward
Susan Pratt, Queensbury
Brad Sarget, Ballston Spa
Malina & Mike Stawarz, Gansevoort
Sean Sullivan, Queensbury
Stephanie Washburn, South Glens

Falls

James & Sarah Winchell, Queensbury

Rejoined Members

Kathryn Anilowski, Wilton
Robert Aspholm, Lake George
Joanne Ernst, Gansevoort
Emily McPhillips, Winchester, Massachusetts
Jeff & Donna Olson, Saratoga Springs
Christine Parkhurst & Stephen Moore, Framingham, Massachusetts
Donald Shea, Corinth
Mary & Sean Spiegel, Lake Luzerne
Cynthia Wright, Saratoga Springs
Heather York, Ticonderoga

AUGUST 2014

New Members

Bob Audette, Queensbury

Susan, Turner, Charlotte & Henry Bradford, Saratoga Springs
Darryl Caron, Clifton Park
Sandra Demers, Glens Falls
Gillian, Christian, Jack, Jason & Kate Dietrich, Saratoga Springs
Janet Foley, Eagle Bridge
Edward & Judith Keenan, Schuylerville
Joseph Maloney, Ballston Lake
Sara Mullins, Brant Lake
Benjamin Schmatz, Praire Village, Kansas
Steven & Nancy Tamm, Queensbury
William Taylor, Portsmouth, Rhode Island

Philip Woodward, Fort Edward

Rejoined Members

Barb & Cliff Brosnan, Gansevoort
Nancy C. Hill, South Glens Falls

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.

Dogs

Participants in Chapter outings will be allowed to bring their dogs on outings in the following circumstances: (1) the outing has been designated by the outing leader as a "dog outing" and which has been publicized as such; or (2) the outing leader may bring his/her dog, that has not been designated as a "dog outing," if the notice of the outing discloses that the leader will be doing so. All dogs on Chapter outings will be kept on a leash at all times.

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!

