



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 Leadership Positions Exist for 2016

Contact Laura Fiske if you would like more information or to express interest.

Nominations for 2016 are due August 1, 2015

CHAIR POSITIONS (3 positions):

The Chapter Chair is the administrative officer of the chapter and shall preside at all meetings of the Chapter and of the Executive Committee, shall appoint, after consultation with the Executive Committee, all Chairs of standing and special committees, and shall perform all other duties ordinarily associated with the office of Chair.

The First Vice-Chair shall perform the duties of the Chair in absence of the Chair, be responsible for overseeing the work of committees so designated by the Chair and perform duties as listed in the chapter job description.

The Second Vice-Chair shall perform the duties of the Chair and First Vice-Chair in their absence and shall oversee the work of committees so designated by the Chair.



DIRECTOR (2 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). Attend monthly Chapter EC meetings and BOD meetings (4 times per year). Advise Chapter Chair and EC on all Club matters that may affect the Chapter. Report on BOD meetings to the

Executive Committee. Solicit Chapter input on Club issues. File written reports on BOD and Club activities for the Chapter Newsletter.



Raptors of the Adirondacks- Up Close and Personal

Meet Nancy Kimball and her educational raptors native to the Adirondacks; hear her stories and learn about her birds' unique characteristics.

Nancy is a wildlife rehabilitator with both NYS and federal licenses. She has just published a book "Possums to Porcupines: the Wild Life of an Adirondack Rehabilitator" about her experiences caring for or-

phaned and injured mammals, songbirds, and raptors for the last 14 years. She is a founding member of North Country Wild Care; a nonprofit network of home based wildlife rehabilitators, and belongs to the NYS Wildlife Rehabilitation Council and the Ntl Wildlife Rehabilitator's Assn.

Anyone who wishes to bring an item from NCWC's wish list is encouraged to do so. See list at: www.adk-gfs.org/programs

Please do your best to avoid wearing fragranced products to the program, as these products can trigger allergies and migraines in others.

This program sponsored jointly by Southern Adirondack Audubon Society and Glens Falls-Saratoga Chapter of ADK.

Come see an owl!
Save the date!
Wed. Sept 23 7 pm
Crandall Library, GF

Now is the Time to Volunteer

By Laura Fiske, Chapter Chair

If you have ever thought about volunteering now is the time! Your chapter needs people to become part of the chapter Executive Committee for fiscal year 2016, which begins in January. This is my last term as chapter chair and your chapter does not have anyone in the vice chair positions. Additionally, the chapter does not have any directors. This means that no one regularly attends the quarterly club board of director meetings as a representative of the chapter. Please see the article in this newsletter that contains a brief description of the open positions. More information is available on the chapter website in the by-laws and job description document or you can contact me directly. My contact information is to the right of this column. Officers will be elected at the annual meeting in October. See the "save the date" item in this newsletter so you don't miss



the annual dinner and program. More information about this event will be in the next newsletter.

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 and paddling top the list and your chapter has these activities covered. Check out the list of outings in the

newsletter and try something different. But don't forget going to the beach, picnics and outdoor concerts too!

This coming August is the 10th year of the Ididaride, ADK's cycling event. This event has grown each year with nearly 500 participants from around the country. This year it is being held on Sunday, August 9th in North Creek. There is a 75 mile loop ride or a 20 mile ride with a shuttle. For more information visit the ADK website at www.adk.org.

Enjoy the summer season and please consider volunteering!

**WE
NEED
YOU!**

Keep the critters away...big and small!

Backpackers' Cache: 8.8" dia. X 12" long, weight 2.7 lbs.

- Designed to slip into your backpack.
- These bear-proof canisters are required in the Eastern High Peaks Zone and are important to use on any backcountry overnight adventure to any backpacking or canoe camping destination.
- Member ONLY Rental Rates: 1-3 days \$5.00 4-7 days \$10.00
- Call Jim Schneider 518-581-9367 to reserve your canister rental.

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 vacant ***

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:

vacant ***

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 vacant ***

Outings Wayne Richter
Phone: 893-7895 outings@adk-gfs.org

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

Annual Dinner Coordinator
Anne Paolano
annualdinner@adk-gfs.org

Publicity vacant ***

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 Heather Webb
Phone: 347-793-6580 yimg@adk-gfs.org

*** We need people for these positions! Please help us out! Think about how much ADK does, can't you help a little more?

Education Corner

On May 21st Barb Bilins, Nancy Buckley, and I participated, one again, in the Moreau State Park Conservation Day. The youngsters were quite attentive and responsive throughout the day as they watched "bad hiker Nancy" do all the wrong things and taught her the correct way ... all while learning and /or reinforcing their "Leave No Trace" awareness and hiking knowledge. It was a pleasure, as usual.

At this point, our nine camperships should be either attending or preparing to attend their respective stays at Pack Forest, Camp Colby, or with an ADK Trail crew. I look forward to hearing about their experiences. Keep in mind that, come fall, we will be looking for more candidates to sponsor. It's an opportunity that shouldn't be overlooked, so, if you know of someone who is in the 11 to 17 year old age range, please let them know that we'll be looking for new candidates for the 2016 summer season before you know it.

Get out there this summer and "Leave No Trace"!

Fire Tower Challenge News By Kathi and Tim Noble

If you're looking for an adventure that takes you to different areas of New York try the Fire Tower Challenge. Elizabeth Laundrie, a recent Challenge finisher said "It took me several years, but I enjoyed getting into different parts of the Adirondack Park."

Winter Fire Tower Challenge finishers:
Nola Royce Delmar, NY
Brian Nichols Queensbury, NY
Jeanne Phillion-Nichols Queensbury, NY

Fire Tower Challenge finishers:
Steve Subcleff Melrose, NY
Elizabeth Laundrie Peru, NY
Larry Cathcart Syracuse, NY
John Thompson Byfield, MA
Connie Duquette Grahamsville, NY



If you're interested in completing the Fire Tower Challenge, an updated brochure can be printed off the chapter website. Spread the word to your friends and families!

Membership update

By Pat Desbiens

NEW MEMBERS - MARCH 2015

Amanda & David Addeo & Rose Mahoney, Ballston Spa
Leonard D. Biles, Jr., Queensbury
Maureen, Russell & Paden Clements, Waterford
John, Wil, Kateri, Xavier & Jude Comensky, West Charlton
Randi, Frank & Jared Dessingue, Waterford
Ray DiStefano, Gloversville
Tara Drake, Saratoga Springs
Stephen & Sally Erickson, Blston Spa
Darryl Frazier, Warrensburg
Jacob D. Geer & Tara Uhlich, Qsbury
Jake Greiner & Julia Vonder Reith, Lake George
Marty & Zach Hotaling, Ballston Lake
Julia Johnson, Salem
Charles Joseph, Greenfield Center
Mayumi Kato, Scott Goslovich, Taylor & Ashley Block, Saratoga Springs
Sharon Likourgou, Pompano Beach, Florida
John Matrachisia & Anna Kukhta, Saratoga Springs
William McTygue, Saratoga Springs
Paul Pelosi, Corinth
Brent Ricks, Ballston Lake

Darlene Shattuck, Porter Corners
Kate Smith, Hoosick Falls
John & Mary Vander Veer, Saratoga Springs
Theresa, Robert & James Vignali, Clifton Park
Joseph & Sharon Vito, Saratoga Springs
Sharie Walerstein, Corinth
Dan Williams, Saratoga Springs

NEW MEMBERS - APRIL, 2015

Gary Bouffard, Buskirk, New York
Ken DeMarco, Mechanicville
Mary Ellen, Stephen, David, Mitchell & Jesse Eyer, Clifton Park
Brandon Finucan, Clifton Park
Benjamin Franco, Saratoga Springs
Dorene Galvin, Hadley
Ian Hamelin, Schaghticoke
Kevin Haraughty, Glens Falls
Chuck and Gail Helfer, Poultney, VT
Mary Beth Hynick, Saratoga Springs
Adelyn Kenyon, Clifton Park
Anne & Joe Lynch & Haley Ackerman, Williamsville, New York
Rebekah Markewich, Ballston Lake
Elizabeth McAuliffe, Saratoga Springs
Kelly McCord, South Boston, MA

Jimmy & Yvonne McCrea, Gansevoort
Lorraine Miller, Stillwater
Harvey Noordsy, Queensbury
Julie Pratt, Victory Mills
Erik Rossi, Clifton Park
John Rudick, Ballston Spa
Jillian Trunko, Lake George
Joseph Turor, Ballston Spa
Marta Ward, Greenwich

REJOINED MEMBERS

Lewis Hill, Ballston Spa
Paddy Kelley, Saratoga Springs
Sonja Martinson, Fairlee, Vermont
David Roberts, Schuylerville
Kathy & Thomas Simone, Porter Crnrs
Joseph Tamburino, Saratoga Springs
Richard Vinciguerra, Lake Luzerne
William Cridge, Gansevoort
Eric & Tegan Frisino, Glens Falls
Ingrid Gordon, Milford, Delaware
Aimee & Adrian Holmes, Oregon City, Oregon
Brian Keech, Glens Falls
Tim Lanspery, Lake George
Alex Lehine, Queensbury
Vickie Vannier, Queensbury
Melissa Vito, Diamond Point

*** Annual Dinner - SPECIAL movie presentation 10/23/15 ***
SAVE the date...SERIOUSLY!!

Friday, October 23rd Chapter Annual Dinner at the
Great Escape Lodge in Queensbury, NY

The entertainment this year will be a screening of the new
movie,

"The 46ers Film: Can you Hear Them Calling?"

This is written, directed and produced by Blake Cortright, a
native of Latham. Matt Elton is the Director of Photography
and hails from Queensbury.

It is a beautifully filmed documentary showcasing the Adi-
ronack High Peaks and the men and women who success-
fully reach all 46 summits.

We are honored and delighted that both Blake and Matt
will join us on the night for one of the first screenings of
their film.

Join us for a delicious plated dinner followed by dessert and
coffee before the show.

Registration information will be in the September-
November issue of the Chepontuc Footnotes and also avail-
able online at www.adk-gfs.org after Labor Day.



ADK Paddlers – Help Prevent the Spread of Aquatic Invasive Species

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

You can help prevent the spread of AIS by following these guidelines recommended by DEC:

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

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

Dry – Because some AIS are not easily visible, the most effective method to ensure that no invasive species are transported to a new waterway is to completely dry your boat and equipment before using it in a new waterway. Drying times vary, depending on the type of boat and equipment. The outside of a boat will dry rapidly, but areas not reached by the sun or lacking good air circulation, such as the interior portions of some kayaks, will take additional time to dry completely.

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

FUN raisers for the ADK Chapter and Club !!

ADK ADIRONDACK MOUNTAIN CLUB presents

ididaride!
Adirondack Bike Tour — August 9th, 2015

10th Anniversary
Registration Opens April 1
Register by June 1st for \$15 discount
www.adk.org • (800) 395-8080, ext. 42

75-mile loop or 20-mile option w/ shuttle • \$75 ADK member / \$85 non-member
Beautiful Adirondack Scenery • Van support • Après-Ride Party
All proceeds will support ADK's conservation, recreation and advocacy programs.

Thank you to our Premier Sponsors

Garvey
DAVIDSON BROS.

This fun event is coming up quick!!

Come join other GFS Chapter members or bring a friend and ride together!

Ididaride registration is now open!
Support ADK by riding your bike!
Go to adk.org to register

2014 ididaride! stats:

495 RIDERS TOTAL ... our biggest ride ever!
75-Mile Riders: 405
20-Mile Riders: 80 (a record year!)
70% Male / 30% Female
225 ADK members / 260 non-members
284 new riders! / 211 previous riders

So if biking isn't your thing...how about helping out at the Ragnar Relay in September?

Ragnar Relay, the largest overnight running relay series in the US, is back in the Adirondacks and, once again, they have chosen ADK as one of the official charity for their Adirondacks Race September 25 & 26.

New this year, ADKers will all be working together at certain exchange points. It's always fun meeting fellow ADKers as we volunteer for this FUN event. Plus, we raise money for ADK since Ragnar donates based on our efforts! Last year we raised \$1,100 for the Glens Falls Saratoga Chapter!



Volunteer registration is opening from soon! Go to adk.org for more information and link to register. Call Rob at ADK (668-4447 ext 26) or Laurie for more details.

Where

The relay starts at the Saratoga Spa State Park in Saratoga Springs, skirts along the Hudson River, passes through the Lake George region, up the southern side of Lake Champlain and ends in Lake Placid.

When & Where to Help

Volunteers are needed at ADK relay exchange points for various shifts along the 193 mile route including the start/finish lines.

What are the Duties?

Volunteers help with such tasks as exchange set-up and break-down, time keeping, traffic and crowd control, and maintenance.



ALMOST 30 YEARS OF LEAN-TO ADOPTION

Excerpts from Today@ADK blog by ADK Member and fellow lean-to adopter, Christine Bourjade

The lean-to is wonderfully expressive of the spirit and traditions of these vast mountain lands. To approach one after a day of adventure is to find a mute, yet impelling invitation to chum with Nature, to enjoy intimate communion with the woods and to become an active participant in the great drama of the out-of-doors.”

Paul A. Schaeffer - High Spots Oct. 1931

The Adirondack Mountain Club (ADK), in cooperation with the Department of Environmental Conservation (DEC), established the Adopt-A-Lean-To Program in April 1985. The first appeal for volunteer stewards offered eight lean-tos, expanded to 16 in 1986 and to 24 in 1987. Ten years later, 136 lean-tos had been adopted. Today, the program comprises of 175 structures found all over the Adirondack Park and cared for by no less than 240 individuals. Between 1921 and 1937, the first wave of lean-tos appeared on the Northville-Placid Trail (N-P Trail) and Adirondack High Peaks trails. During the 1950s and 1960s a second wave of structures and replacements were installed.

The adopters concur: their very first visits were tests, as “their” lean-tos were in a sorry state and the surroundings more garbage pit-like than pristine wilderness. They took on the challenge with a new energy after the State replaced the mostly dirt floors with wood and installed new roofs. Soon campers raved at how well the shelters were cared for.

ADK Glens Falls—Saratoga Chapter member, Jim “Jungle” Mosher, adopted Ward Brook Lean-to in 1987 and has worked tirelessly ever since to keep an extremely busy “Open Camp” in perfect condition. The Swards peak baggers find the Ward Brook Trail shelters ideally positioned. With the help of dedicated partners (Steve Mackey, daughter Ashley, and wife Becky) he has even carried in, 5-plus miles, and rebuilt an picnic table after the previous and rather decrepit one was burned by campers. They also do extensive work on the trail hiking in and out from Coreys trailhead. All the while giving plenty of blood as the northern and shady location is ideal for identifying flying insect species. A number of times they saw bears swiftly moving away, often spotted moose tracks and/or droppings and, one fall five years ago, just missed sighting a mountain lion (according to a hunter they encountered). It made for not very relaxing lean-to duties as they spent most of their time looking around just in case. “Jungle” is simply a nickname attributed by a friend very long ago because of his seemingly continuous presence in the forest.

Jim and Steve could do without the incessant carving and the litter, but thoroughly appreciate the complimentary notes visitors post in the lean-to registers. They love what they do and the feeling of going into the woods twice a year with a sense of purpose to a place they call home, if only for a few hours or days at a time. To this day, the dedication of every lean-to adopter is not only appreciated but also respected by campers, the vast majority of whom tidy the open camps before moving on. Jim and Steve have the same perspective on the commitment: “Adopt ’til you drop!”

ARE YOU AN ADOPTER?

Long time ADK Glens Falls Chapter member, John Schneider, once coordinated the Adopt –A– Lean-To Program for ADK and we have many other Chapter members who are adopters! Send a quick email to newsletter@adk-gfs.org and tell us a little about your lean-to and how long you’ve been an adopter!

2016 Chapter Winter Weekend Heart Lake

We are again renting the Wiezel cabin for the Glens Falls – Saratoga Chapter of ADK for our winter weekend 2016! We have reserved it for the weekend of February 5-8. 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

ADK is one of the charitable organizations in Amazon's Smile program, where Amazon donates 0.5% of the price of your eligible Amazon-Smile purchases to the charitable organization of your choice.

A little here, a little there - it all adds up!

<http://smile.amazon.com/>

Pharaoh Lake Wilderness Area News:

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

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

Unusual animals: _____

Unusual plants: _____

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

Lean-to conditions: _____

Other: _____

Please mail your report to:

Pharaoh Lake Wilderness Area
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314, Glens Falls, NY 12801



What app is that?

Have you found an app that you like and think other ADKrs might want to check out? If so, send us the name and what it does and we'll include it in the newsletter if we have room.

This app suggestion was sent in by Chapter member, Jacki Bave:

I have an app on my phone for when I travel. It's called "Oh, Ranger". It recognizes my location and finds parks near me. It gives the park regs, activities available, etc. I use it when we travel and want to take a walk to stretch our legs or walk Luna. (Jacki's dog).

App suggestion from prior newsletter. Have you checked it out?

Have you ever been hiking and wondered what peaks you were looking at? Try **PeakFinder**. Point your phone at the peak and it tells you the name. There is a cost for it at the Android and Apple App stores: Info found at <http://peakfinder.org/mobile>.

Date	Day	Type	Destination	Leader(s)	Rating
July					
4	Sat	Hike	Santanoni, Couch, and Panther	Mike Fuller	A+
5	Sun	Hike	Allen	Bill Morse	A++
7	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
9	Thu	Hike	Moxam Mountain	Neal Van Dorsten	B-
11	Sat	Hike	Thomas and Cat Traverse	Reg Prouty	A-
12	Sun	Hike	Hurricane Mt. Wildflower/Photo hike	Jack Whitney	B
12	Sun	Hike	Montcalm Point	Neal Van Dorsten	C
18	Sat	Hike	Botheration and William Blake Ponds and the Hooper Mine area, North River	Rich Crammond	B
19	Sun	Hike	Black Mountain- Fire Tower, loop	Bill Carpenter	B
19	Sun	Hike	Tenant Creek Falls	Nick Ringelberg	C
21	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
25	Sat	Hike	Basin and Saddleback	Wayne Richter, Jef Martin	A+
25	Sat	Paddle/Camp	Raquette Lake & St. Williams	Jayne Boudier	A
26	Sun	Hike	Avalanche Pass and Lake /Photo hike	Jack Whitney	B
26	Sun	Hike	Ampersand Mountain	Bill Carpenter	B+
29	Wed	Hike	Pharaoh Mt.	Alison Laurin	A-
31	Fri	Hike	Dial and Nippletop, High Peaks	Alison Laurin	A+
August					
1	Sat	Hike	Macomb, South Dix, and Grace	Heather Webb	A+
1	Sat	Hike	Treadway	Reg Prouty	A
2	Sun	Hike	Jay Range	Lorraine MacKenzie, Jack Whitney	B
4	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
5	Wed	Paddle	Henderson Lake	Jayne Boudier	A
9	Sun	Hike	Cascade Mountain	Bill Carpenter	B
15	Sat	Hike	Allen ' The Big Nasty'	Mike Fuller	A+
15	Sat	Hike	Flowed Lands and Hanging Spear Falls	Rich Crammond	B+
16	Sun	Hike	Wakely Mountain- Fire tower	Bill Carpenter	B+
16	Sun	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	C+
18	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
22	Sat	Hike	T Lake Falls	Nick Ringelberg	B+
23	Sun	Hike	Hopkins Mt. Photo hike	Jack Whitney	B
24	Mon	Paddle/Camp	Rainbow Lake	Jayne Boudier	A
29	Sat	Hike	Snowy Mountain	Steve Mackey	B+
30	Sun	Hike	Wright, Algonquin and Iroquois	Wayne Richter	A+
September					
1	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
2	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
12	Sat	Hike	Fairy Ladder Falls	Nick Ringelberg	A-
12	Sat	Hike	Moxham Mountain	Rich Crammond	B
14	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
15	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
23	Wed	Program	September program- Raptors of the Adirondacks- Up Close	Sarah King	NR
26	Sat	Hike	Mt. Van Hoevenburg from South Meadow Road	Reg Prouty	B
29	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR

Outings Detail

SANTANONI, COUCH, AND PANTHER - [Hike]

Sat, Jul 4, 2015, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- Here's that fun Santanoni hike again; hey I like taking people there summer or winter. We'll do Panther first, then Couch, with a finish on Santanoni. We'll use the express trail back to the main trail, then out. This is a big day so know your limits. Meet at Panera Bread Queensberry at 5:00 or trailhead at 7:00. No calls after 7:00 night before hike or morning of hike.

ALLEN - [Hike]

Sun, Jul 5, 2015, 7:00 am, Rating: A++
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- 7:00AM at Exit 29. Long hike, 16+ miles, and an elevation gain of 2,500 feet. It will be a long day so be prepared. What else can I say!!

TUESDAY PADDLE

Tue, Jul 7, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- Usually we paddle somewhere within an hour of Glens Falls. We do many sections of the Hudson River, Lake Luzerne, Glen Lake and the fen. Sometimes we travel a bit further, so call or email Sunday evening to find out what I have in mind for the upcoming trip. I try for Tuesday, but may postpone for better weather!

MOXAM MOUNTAIN - [Hike]

Thu, Jul 9, 2015, 9:00 am, Rating: B-
Neal Van Dorsten - 644-7034, nealvan@aol.com
- This pretty and relatively unknown hike offers some spectacular views. It will give high peak vistas without a tremendous effort. Total hike is a little less than 6 miles. Plan about 4 hours at an easy pace.

THOMAS AND CAT TRAVERSE - [Hike]

Sat, Jul 11, 2015, 8:00 am, Rating: A-
Reg Prouty - 518-747-9736
- This hike will start in the northernmost parking area of the trail to Thomas Mountain after we have spotted a couple of cars near the southern end of Edgecomb Pond. It will be an all day relaxed pace hike with lunch atop Cat where the best views of Lake George are. Musical interludes will be provided by Reg on his pocket trumpet with the usual tribute to my late neighbor at camp, Grace Hudowalski, the first woman 46er. There will be lots of rolling terrain with a total distance of about 7 1/2 miles.

HURRICANE MT. WILDFLOWER/PHOTO HIKE

Sun, Jul 12, 2015, 8:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- Great views from this summit and some wild flowers along the trail. Round trip about 5.5 miles. Slower pace to allow for photos. Call or e-mail leader for details.

MONTCALM POINT - [Hike]

Sun, Jul 12, 2015, 9:00 am, Rating: C
Neal Van Dorsten - 644-7034, nealvan@aol.com
- We will hike from Clay Meadows to Montcalm Point. It is just under 7 miles and is a fairly easy, mostly level hike. There are a few ups and downs as it follows the beautiful shores of Lake George. We will then take a swim and be transported back to Bolton by boat. Plan to meet at the public parking area across from Lakeside Lodge in Bolton Landing. Space is limited on this event.

BOTHERATION AND WILLIAM BLAKE PONDS AND THE HOOPER MINE AREA, NORTH RIVER - [Hike]

Sat, Jul 18, 2015, 8:30 am, Rating: B
Rich Crammond - 584-2380
- It's approximately 7 to 8 miles round trip with not much elevation change for this loop hike. It's a good shade hike for this time of year. Let's get 'er done, hiking buds. Head net, rain gear and water should come in handy. Meeting place: Tops Market, Main Street, North Creek.

BLACK MOUNTAIN- FIRE TOWER, LOOP - [Hike]

Sun, Jul 19, 2015, 8:30 am, Rating: B
Bill Carpenter - 793-5506, jpbadk@yahoo.com
- Black Mountain is the highest mountain on the shores of Lake George with the views you might expect. We will hike up to the fire tower, snack, take pictures, and then head down to Black Mountain Pond. At the pond we will have our lunch on the shore or the lean-to, and enjoy the peace, quiet and fellowship. We'll then head back to the trailhead. The elevation change is 1200 feet over 8.5 miles, and takes approximately 4 hours. As a friend of mine would say, let's get some boots on the ground and enjoy a great day.

TENANT CREEK FALLS - [Hike]

Sun, Jul 19, 2015, 9:00 am, Rating: C
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
- Tenant Falls is a series of three falls, averaging a 30 foot drop and reached via a relatively easy hike along Tenant Creek, about a 4 mile round trip. Located north of the Sacandaga Lake, north of Northville. 9am meeting is at trailhead. 7am at Exit 9 park and ride. Route is Northway to Saratoga and west on Rt. 29. Contact me for other park and ride meetings, including Panera Bread at Exit 19.

TUESDAY PADDLE

Tue, Jul 21, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- Usually we paddle somewhere within an hour of Glens Falls. We do many sections of the Hudson River, Lake Luzerne, Glen Lake and the fen. Sometimes we travel a bit further, so call or email Sunday evening to find out what I have in mind for the upcoming trip. I try for Tuesday, but may postpone for better weather!

BASIN AND SADDLEBACK - [Hike]

Sat, Jul 25, 2015, 5:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Jef Martin - jpfish@binghamton.edu
- I enjoyed leading this hike so much in 2013 that I'm ready to do it again. These are among my favorite peaks with great views and some intense scrambling using all fours. With an early start, we'll try to get a spot at the Garden lot but drivers will otherwise have to take the shuttle from Marcy Field (\$5). We'll take the Shorey Shortcut then ascend Basin. Then it's over to and up Saddleback. On the way down, we'll visit the new slide on Saddleback. Distance is 16.2 miles with about 4,000 feet of elevation change.

RAQUETTE LAKE & ST. WILLIAMS - [Paddle/Camp]

Sat, Jul 25, 2015, time TBD, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- July 25-26. We could camp at Big Island or Tioga Point, poke around the Needles, or do South Inlet to the falls (and maybe hike to the old Sagamore powerhouse). I'm open to suggestions. But from 1-4 pm on Sunday, St. Williams on Long Point is

Outings Detail

having their annual chicken barbecue and silent auction, and I'm going there, for sure! The paddle is 8+ miles at a moderate to leisurely pace. I have canoes to lend. ANYONE who wants to go to the barbecue can take a free ferry there from Raquette Lake Village, between 1-3 pm on Sunday. (See 'www.stwilliamsonlongpoint.org/bbq.html' for more information.)

AVALANCHE PASS AND LAKE /PHOTO HIKE

Sun, Jul 26, 2015, 6:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This is one of the most spectacular hikes in the Adirondacks. Rock walls rise directly out of the lake on both sides. Round trip around seven to eight miles.

AMPERSAND MOUNTAIN - [Hike]

Sun, Jul 26, 2015, 7:15 am, Rating: B+
Bill Carpenter - 793-5506, jpbadk@Yahoo.com
- One of the favorite hikes of everyone is Ampersand. One can see the Seward Range and distant high peaks in one direction and look below to the Saranacs and the lake country in the other. It is little wonder a fire tower once graced this mountain. The first half is easy, while the second half is very steep and rugged. The hike should take around 4.5 hours, with elevation change of 1775 feet, and 5.4 miles round trip. Some folks have been known to stop at the 'Tail of the Pup' after the hike to round out a great day.

PHARAOH MT. - [Hike]

Wed, Jul 29, 2015, 7:30 am, Rating: A-
Alison Laurin - adkcalison@gmail.com
- Looking for a pleasant hike up to where a fire tower once stood with some great views from multiple viewpoints? This is about an 8.5 mile round trip hike. This hike's pace will be dictated by our group. Please email the leader by the Monday before the hike to sign up and for more information!

DIAL AND NIPPLETOP, HIGH PEAKS - [Hike]

Fri, Jul 31, 2015, 6:00 am, Rating: A+
Alison Laurin - adkcalison@gmail.com
- I've always enjoyed this hike but the last few times up there it was all socked in! We'll head up to Nippletop first and then over to Dial; on the way down we'll go over Bear Den and the shoulder of Noonmark as well. About 14 miles round trip and approximately 10 hours give or take. This is not a beginner hike; please have a few high peaks under your belt before signing up. Please email leader by the Wednesday before the hike for details and to sign up!

MACOMB, SOUTH DIX, AND GRACE - [Hike]

Sat, Aug 1, 2015, 5:15 am, Rating: A+
Heather Webb - 347-793-6580, Heatherjwebb@gmail.com
- These are three special peaks and there are opportunities for some fantastic views on this hike! We will start from the Elk Lake trailhead and climb Macomb via the slide. We will then head over to South Dix and Grace via the herd paths before hiking out. This is approximately a 14 mile hike with significant elevation gain. Moderate pace. Please contact me for further information or to sign up! Meet at Panera at 5:15 or the trailhead at 6:45.

TREADWAY - [Hike]

Sat, Aug 1, 2015, 8:00 am, Rating: A
Reg Prouty - 518-747-9736
- This 2240 foot mountain is described by Barbara McMartin as 'the most entrancing of any in the Pharaoh Lake Wilderness

Area.' Ascent from Putnam Pond is 840 feet. Round trip distance is 8 miles. Blueberry picking should be excellent most of the way.

JAY RANGE - [Hike]

Sun, Aug 2, 2015, 6:45 am, Rating: B
Lorraine MacKenzie - 791-9797, otczone@aol.com
Colead: Jack Whitney - 793-9210 or jack1758@roadrunner.com
- One of the most spectacular ridge walks in the Adirondacks. Great views from this summit and ridge. We will hike the new trail which is about five to seven miles round trip. Call or e-mail leader for details.

TUESDAY PADDLE

Tue, Aug 4, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- Usually we paddle somewhere within an hour of Glens Falls. We do many sections of the Hudson River, Lake Luzerne, Glen Lake and the fen. Sometimes we travel a bit further, so call or email Sunday evening to find out what I have in mind for the upcoming trip. I try for Tuesday, but may postpone for better weather!

HENDERSON LAKE - [Paddle]

Wed, Aug 5, 2015, time TBD, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- Call leader for details.

CASCADE MOUNTAIN - [Hike]

Sun, Aug 9, 2015, 8:15 am, Rating: B
Bill Carpenter - 793-5506, jpbadk@Yahoo.com
- This hike is a wonderful introduction to the high peaks, to add to your '46' count or just have a fine day on a mountain. If you are working on your high peaks adventure, we can include Porter Mountain while the others wait on Cascade. This will add approximately 2 miles or a little less and 45 minutes, but will make your hike a A-. A great way to get two high peaks in one day! Cascade is 4.8 miles, about 4.5 hours, with an elevation gain of 1940 feet. This is a good mountain, a great hike that has great views. As Jim would say, let's go and get some boots on the ground.

ALLEN ' THE BIG NASTY' - [Hike]

Sat, Aug 15, 2015, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- What's August without a hike to Allen! This hike is just full of stories. There's talk about shortening the route with a new trailhead, but it would ruin the adventure. It's 18 miles and 2540 of up, so know your limits. Meet at Panera Bread at 5:00 am or the Lake Jimmy trailhead at 7:00 am. No calls after 7:00 night before hike or morning of hike.

FLOWED LANDS AND HANGING SPEAR FALLS - [Hike]

Sat, Aug 15, 2015, 8:30 am, Rating: B+
Rich Crammond - 518-584-2380
- We will hike to Flowed Lands and then hopefully cross the Opalescent River if the water is low (bring old sneakers) and then hike a bit further to the falls. Approximately 10 miles round trip with 960 feet of ascent. Dress for the weather. This is an all day outing so think adventure! Meet at the Upper Works trailhead at the dead end.

Outings Detail

WAKELY MOUNTAIN- FIRE TOWER - [Hike]

Sun, Aug 16, 2015, 8:00 am, Rating: B+
Bill Carpenter - 793-5506, jbadk@yahoo.com
- This hike is level over the first half, then steep and challenging. Wakely Mountain is only 256 feet short of being a 4000 foot peak. Elevation change is 1635 feet, with 1194 feet in the last 1.1 miles. All is worth the hike, with the tallest of all fire towers in the forest preserve, and great views including 3 other fire towers in the distance, mountains, lakes, the flow and more. Back at the base of the mountain we will walk 300 feet to a fine beaver meadow with a picture looking almost straight up to a fire tower like no other view, almost 1700 feet. Then, after we get back to our cars we will go less than 1/2 mile to see Cedar River Flow, a wonderful lake-flow, to canoe-kayak, camp in the area. The hike is 6 miles and a fine day.

MONTCALM POINT HIKE AND SWIM

Sun, Aug 16, 2015, 9:00 am, Rating: C+
Neal Van Dorsten - 644-7034, nealvan@aol.com
- We will do a beautiful hike along the shores of Lake George, from Clay Meadows to Montcalm Point. Then we will take a swim and be transported by boat back to Bolton Landing. This trip has limited space so reserve early. We will meet in Bolton Landing at the public parking area across from the Lakeside Lodge.

TUESDAY PADDLE

Tue, Aug 18, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojom@roadrunner.com
- See Aug 4th

T LAKE FALLS - [Hike]

Sat, Aug 22, 2015, 9:00 am, Rating: B+
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
- Highest falls in the Adirondacks, near Piesco Lake, T-Lake Falls tumbles down a rounded rocky escarpment. Barbara McMartin places the height at a conservative 350 feet, but many sources measure the falls as high as 600 feet. Either measurement makes T-Lake Falls the highest in the Adirondacks. 2.7 miles on the South Branch Trail, then cross Canada Creek and follow upstream a well defined herd path about 2.5 miles to the base of the falls, 700 feet elevation gain. 9am from the trailhead.

HOPKINS MT. PHOTO HIKE

Sun, Aug 23, 2015, 8:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- Great views from this summit! Spotting cars, we will hike up the Ranney trail and descend via the Mossy Cascade trail. Slower pace to allow for photos. Round trip around seven miles. Call or e-mail leader for details.

RAINBOW LAKE - [Paddle/Camp]

Mon, Aug 24, 2015, 6:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- August 24-25. This lake lives east of Paul Smiths. With a campground at one end, camps crowding the other, and views of two fire towers, Rainbow Lake still offers plenty of wild areas, interesting terrain, and free primitive 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. I have boats to lend.

SNOWY MOUNTAIN - [Hike]

Sat, Aug 29, 2015, 8:30 am, Rating: B+
Steve Mackey - 793-6484, smackey33@verizon.net
- I haven't been up Snowy in at least 30 years. The last time I was up there, we were following fresh bear tracks for over a mile. Round trip distance is around eight miles. Elevation is 3899 feet, and it is quite a bit higher than any mountains around it. Let's hope for good weather.

WRIGHT, ALGONQUIN AND IROQUOIS - [Hike]

Sun, Aug 30, 2015, 5:30 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- The MacIntyre Range is one of the spectacular hikes of the Adirondacks with many great views and some wonderful open rock walking. We'll get an early start from the Adirondack Loj, visit Wright, stop at Algonquin, have some quality time on Iroquois, then return over Algonquin.

TUESDAY PADDLE

Tue, Sep 1, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojom@roadrunner.com
- Usually we paddle somewhere within an hour of Glens Falls. We do many sections of the Hudson River, Lake Luzerne, Glen Lake and the fen. Sometimes we travel further, so call or email Sunday evening to find out what I have in mind for the upcoming trip. I try for Tuesday, but may postpone for better weather!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Sep 2, 2015, 7:00 pm, Rating: NR
Laura Fiske - lheacox@nycap.rr.com
- Board meeting at Carl R's Exit 18

FAIRY LADDER FALLS - [Hike]

Sat, Sep 12, 2015, 5:00 am, Rating: A-
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
- At 3111 feet, it's billed as the highest major waterfall in the Adirondacks, 90 feet high, staircase shaped, at the top of Gill Brook, near Elk Pass and Colvin and Nippetop. About 10 miles round trip with 2000 feet gain to see the falls named by Colvin in 1873 while surveying the high peaks. 5am meeting at Panera, Exit 19.

MOXHAM MOUNTAIN - [Hike]

Sat, Sep 12, 2015, 9:00 am, Rating: B
Rich Crammond - 518-584-2380
- This hike has some ups and downs but is very rewarding with views around the area on top (hope for a clear day). Meet at the 14th Road trailhead, Minerva (2.4 miles from 28N). Call for more details. See you there, hiking buds!

MONTHLY MONDAY GEOCACHE

Mon, Sep 14, 2015, time TBD, Rating: NR
Sarah King - 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. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY PADDLE

Tue, Sep 15, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojom@roadrunner.com
- Usually we paddle somewhere within an hour of Glens Falls. We do many sections of the Hudson River, Lake Luzerne, Glen Lake and the fen. Sometimes we travel a bit further, so call or

Outings Details & Trip Reviews

email Sunday evening to find out what I have in mind for the upcoming trip. I try for Tuesday, but may postpone for better weather!

SEPTEMBER PROGRAM- RAPTORS OF THE ADIRONDACKS- UP CLOSE

Wed, Sep 23, 2015, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- Join us for this program sponsored by ADK and Southern Adirondack Audubon Society. Nancy Kimball will present, 'Raptors of the Adirondacks- Up Close'. This program will be held at Crandall Public Library. See the newsletter for more information.

MT. VAN HOEVENBURG FROM SOUTH MEADOW ROAD

[Hike]
Sat, Sep 26, 2015, 7:00 am, Rating: B
Reg Prouty - 518-747-9736
- We will park on South Meadow Road and ascend 740 feet to the foot of the bobsled run in 3.8 miles for a 7.6 mile round trip. Pace will be moderate and we will honor Grace Hudowalski as usual atop the summit with two verses of 'Amazing Grace' on my pocket trumpet. Fall foliage should be at or near peak this weekend so sign up early. Good views of the high peaks are afforded.

TUESDAY PADDLE

Tue, Sep 29, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- Usually we paddle somewhere within an hour of Glens Falls. We do many sections of the Hudson River, Lake Luzerne, Glen Lake and the fen. Sometimes we travel a bit further, so call or email Sunday evening to find out what I have in mind for the upcoming trip. I try for Tuesday, but may postpone for better weather!

Trip Reviews

Tuesday Trek Tue, Apr 7, 2015, Maureen Coutant

- We did a great walk along the Feeder Canal from Hudson Falls to Fort Edward, but on the 14th instead of the 7th as advertised. Some in the group had never been along this section. We stopped to check out the locks which are always impressive. Then down the hill and followed the trail to the right at the T. We didn't see too many birds, but we were surprised to see a bunch of turtles out and soaking up the rays! Check out the photo gallery on the website! On one branch in the water we counted 16 painted turtles and many others along the way. Very cool! Participants: Tom Burns, Mo Coutant, Paul Dietershagen, Eric Krantz, Licia & Steve Mackey, Rose Meehl, Joy Munro, Liz Mulshine, George Sammons, Jim Zynenberg.

Tongue Mt. Range Sat, Apr 11, 2015, Bill Morse

- Good hike on a windy day. Much better than the cold of winter. Some ice and snow on a few sections and lots of blow down over the last 2-3 peaks. Highlight of the day was Abbey picking up the scent of a bear cub. Fortunately no mother bear around as we let the cub get well ahead of us. Most of us took turns taking a fall on ice, mud or blowdowns. No injuries other than to the ego. Group included Karen Burka, Colleen Downing, Eric Kimmelman, David White, Bill Morse and Abbey.

Saratoga Battlefield Sat, Apr 11, 2015, Rich Crammond

- This was a super nice day to be out there. We got a little muddy and wet but I think everyone enjoyed the outing overall.

Along the way were frogs singing to their mates and we could see where winter took its toll on the deer population. We learned first hand that nature gives and takes for sure. Highlights of this outing were seeing other parts of the park and hiking along with hardy outdoor people. Thanks to Tom Burns for some local history along the way. It just doesn't get any better. Participants: Marty Hotaling, Zach Hotaling, Patrick Reilly, Susan Reilly, Chris Giolio, Tom Burns, Mark Seymour, Rich Crammond.

Geocache Mon, Apr 13, 2015, Sarah King

- We had a beautiful day at Amy's park in Bolton Landing. Everyone must have spring fever as we had probably our largest group ever with 10 people. We made our way to the parking area on Padanarum Road, which was quite soft and muddy. There was still ice and some snow on the trails so several of us decided to wear grippers. We had 7 caches on the new blue trail that we were looking for. We found all with no problem, making a loop which brought us out further down on Padanarum Road. We then walked back on the road. Several of us stopped to grab two additional caches on Trout Lake Road at another corner of Amy's Park and at the canoe portage access. Trout Lake Road was actually drier and in better condition to drive on. A shorter trip than we often take but a great time nevertheless. Participants: Sarah King, Mo Coutant, Licia Mackey, Todd Earl, Steve Gray, Diane Demetriou, Don and Marjorie Moeller, Ann Polano and Liz Mulshine.

Rainbow Falls Sat, Apr 18, 2015, Nick Ringelberg

- Pleasant sunny day hike, 60's, no black flies, up the Ausable Club Road, to the Lower Lake dam and beyond to Rainbow Falls, where we were able to get pleasantly sprayed at the base of the falls by the voluminous spring flow. Still a little ice on the final mile of the road and some snow prevented us from exploring on the side trails to view the many other waterfalls in the vicinity, but we did venture a little off the road to admire Artists Falls and the Flume on Gill Brook. 10 happy hikers: Jayne Boudier, Ray Boucher, Zach Hotaling, Marty Hotaling, Ben Legg, Robert Morrissey, Tom McLenithan, Greta VanSlyle, Dave White, and Nick Ringelberg.

Tuesday Trek Tue, Apr 21, 2015, Maureen Coutant

- This week we hiked around at the bottom of Buck Mountain in the Stewarts Ledge area. I'd been there a couple of days before and heard the wood frogs chirping? cackling? right in the wet areas near the parking lot, but no luck on this day. We think it might have been too cold! We did have a nice hike to see Frankenspine and then up along the ledge to check on the ravens who seemed to be doing fine. Afterwards we bushwhacked back to the trail. Great day out! Too bad we didn't hear the frogs! Participants: Mo Coutant, Paul Dietershagen, Eric Krantz, Licia Mackey, Joy Munro, Mary Alice Nyhan, George Sammons, Don Washburn.

North Saddle & South Bay Diameter Sat, Apr 25, 2015, Jayne Boudier

- A cold forecast quickly whittled our group down to 5 enthusiasts. We hiked to North Saddle on Saturday, camped out overnight, and paddled to the Diameter on Sunday. Great group! Great time! Lots of fun! Thank-you Tim & Mary for hosting us! Participants: Jayne Boudier, Ben Legg, Tim and Mary Ward, and David White.

Tongue Mt. Sat, Apr 25, 2015, Tom Ellis

- A perfect day to do our annual trail cleaning/maintenance work on the northern end of Tongue Mountain including the Deer Leap Trail. This year's work was, by far, the most extensive blowdown since we adopted this trail. With several new volunteers, and a few of the old guard, the entire section was cleared. Many thanks to all those who gave of their time and effort. Participants: Neal Andrews, Barb Bave, Beau Bessen, Dan D'Angelico, Ryan Fortune, Bob Garabedian, Layweehtoo, Julie Pratt, Nick Williams, Tom Ellis.

Tuesday Trek Tue, Apr 28, 2015, Maureen Coutant

- With an upcoming workday at ADK HQs, I resorted to bribery! Come do 1/2 hour of work (raking) and then we'll head up the backside of Prospect and have less to do on the workday! I had 13 members willing to be bribed! We got a section of the yard raked and the garden cleaned out and then headed up to the Lake George Rec trails just up the road. The trail is unmarked once you leave the stream that you walk along until turning at an acute angle to head up the mountain. It wasn't too hard to follow the beaten down leaves on the way up...but you have to pay attention on the way down! A few in the group learned that, but followed good hiking safety and stopped and turned around when they realized they weren't actually on the trail any longer! There was lots of blowdown on the steepest section. We cleared out what we could, but we needed Steve with his axe! It looks like some clearing was done near the top, so maybe they'll get to that section soon. Great day out! Participants: Nancy Burke, Tom Burns, Mo Coutant, Carolyn Curren, Todd Earl, Larry Eaton, Nancy Kimball, Sarah King, Eric Krantz, Kathi Noble, Anne Paolano, George Sammons, Bill Schwarz.

ADK Headquarters Work Day! Sat, May 2, 2015, Maureen Coutant

- Thanks to everyone who came out to help at ADK HQs workday on a beautiful Saturday. We got a lot done with everyone pitching in!! The yard was raked, stones moved off the lawn, ramp sealed, gutters cleaned, windows washed and screens put up...among other things! Thanks again!! (See photo gallery) Participants: Jayne Boudier, Mo Coutant, Todd Earl, Larry Eaton, John Eldridge, Eric Krantz, Licia & Steve Mackey, Kathi Noble, Anne Paolano, George & Irene Sammons, Bill Schwarz, Bill Was & Barb Tomko, Eberhard ?, and Western MA couple...that I forgot names!



See more photos at adk-gfs.org Send in your trip photos to webmaster.adk-gfs.org!

Spring Bird Walk - Wilton Wildlife Preserve & Park Sat, May 2, 2015, Rich Speidel

- We were blessed with pleasant weather - sunny and calm - ideal for observing birds. Some of the best bird action at Camp Saratoga is often near the parking lot and adjacent pond. As we started out, a green heron flew overhead. Moments later, a female hooded merganser landed in the pond directly in front of us...nice close-up view! One of the first kingbirds of spring was also seen at the pond. Some of the birds expected in early May were not found; their arrival likely delayed by the long winter and cool early spring. But we did have good looks at ruby-crowned kinglet and hermit thrush, among others, and completed our field trip with 31 species identified. 11 participants: Madeline Akel, Patricia Brennan, Patrick Collier, Lindsey Duval, Paul Farhart, Bruce Goodale, Cathy Hall, Jody Schleicher, Janet Twardzik, Edna Van Dorsten, Rich Speidel.

Geocache Mon, May 4, 2015, Sarah King and Mo Coutant

- We had a beautiful day to head to Cat Mountain. We started out parking in a parking lot just past the Bolton Water Works Supply off Edgecomb Pond Road. We followed this trail in and around the backside of the pond and found 6 caches that we had planned on finding. We decided that we might as well head to the summit and look for a few other caches along the way that several of us needed. We had a funny moment when we discovered after looking for a long time for a geocache that it was on the ground under Licia's backpack the whole time! We had lunch at the summit, enjoyed treats and good company. Participants: Sarah King, Mo Coutant, Licia Mackey, Todd Earl, Gretchen Stark, Larry Eaton, Steve Gray, Diane Demetriou.

Hurricane Mt. Sat, May 9, 2015, Bill Morse and Heather Webb

- A rather ominous start with Alex's car breaking down. Along with lots of bugs on the highway, but thankfully no bugs on the trail. It was a bit hot and humid which meant no snow. Hurricane has a great view on the top and it had a nice welcoming breeze, but it was a little hazy so things in the distance were tough to see. We went up the old fire tower observer's trail which does not seem to get much use. For most on the hike this was the first time on this trail. A great new experience. On the hike were Ian Lawrie, Garrison Hughes, Neal Van Dorsten, Alex Levine (did not make the trail head because of car trouble), Joanne Walczak, Julie Batchelder, Colleen Downing, Intaba Liff -Anderson, Heather Webb, Bill Morse, and Sidney (the hot dog).

Falls Along Gill Brook Sat, May 9, 2015, Nick Ringelberg

- On a sunny day, 80 degrees at the trailhead (but 10 degrees cooler along the streams!), with no black flies and just a few patches of ice left on some of the shady parts of the stream beds, 7 energetic hikers had sensory overload while viewing crystal clear spring water flow at Pyramid, Beaver Meadows, Artist, and Rainbow Falls, and dozens of other unnamed cascades on Gill Brook and the Ausable River. With a side trip to Indian Head and Fish Hawk Cliffs (where we saw an Osprey dive!), we basked in the sun on the overlook of the Ausable Lakes with the Great Range as a backdrop. Fabulous day with a great hiking group composed of Jayne Boudier, Mary Grueniger, Rose Michaels, Dave Michaels, Klaus Sommerlaite, Dave White and Nick Ringelberg.

Spring Bird Walk - Pack Forest, Warrensburg Sat, May 9, 2015, Rich Speidel

- Sunny, warm weather made for a pleasant outing and a variety of birds, including least flycatcher, broad-winged hawk, and solitary sandpiper. A highlight for our group was seeing the evening grosbeak, which can be missed from year to year. We also saw a pair of loons on Pack Forest Lake and identified 13 species of warblers. We concluded a fine morning in the southeast Adirondacks with 44 species of birds. 11 participants: Beau Bessen, Patricia Brennan, Paul Farhart, John Good, Cathy Hall, Laurie LaFond, Licia Mackey, Frank Reilly, Patrick Reilly, Susan Reilly, Rich Speidel.

Tuesday Trek Tue, May 12, 2015, Maureen Coutant

- This week we did something new and drove up to the Crown Point State Historical site to check out the bird banding station which volunteers have been operating for 40 years! They set up back behind the ruins of the English fort near the hawthorne bushes which were described as looking like McDonalds to the birds as they fly by during the migration. So they swing by and some get caught in the mist nets. They are identified, info taken, band put on and then released! Lynne and Nancy both had the honors of releasing a bird this year. We also checked out a lime kiln ruin, an amazing amount of columbine in bloom, and fossils in the rocks down by the water. Of course, we saw the ruins of the forts and drove over to the lighthouse, but we couldn't climb up it! Great day out! Participants: Judy Beers, Jayne Boudier, Jerry & Nancy Burke, Tom Burns, Mo Coutant, Nancy Hill, Eric Krantz, Licia Mackey, Gwenne Rippon, Lynne Silverberg, Gretchen Stark, Jim Zwynenburg.



Gordon Howard. Licensed bird bander at Crown Point :

OK Slip Falls Sat, May 16, 2015, Rich Crammond

- It was a great day to be on an Adirondack trail. The falls still had a nice flow of water from winter's runoff. There were many people on this trail to come to a nice spot. Reg played a couple of tunes on his pocket horn and then we hiked it back to the trailhead. Just a great day in the woods. The black flies weren't invited but they tagged along anyway. Thanks hiking buds for spending this day in the 'Dacks with me. Participants: Marty Hotaling, Zach Hotaling, Paul Hotaling, Reg Prouty, Steve Bederian, Rich Crammond.

Tuesday Paddle Tue, May 19, 2015, Maureen Coutant

- This trip is always an adventure and the toughest trip of the season. But we start out with it since it's the best time to try to paddle from Lake Luzerne to Second Lake. The first few years

we didn't make it. But this year like the past couple, we've found our way. There are twists and turns that sometimes lead to dead ends or this year a beaver dam that half of us crossed just to find out that it was the wrong way! Oh well. It's always fun trying to figure out how to get around the obstacles. It was a chilly day, but with the exertion of paddling we didn't feel the cold except while loading and unloading. Fun morning out! Participants: Jayne Boudier, Mo Coutant, Mark Janey, Licia Mackey, Jane Morriseey, Liz Mulshine, Lynne Silverberg.

Tuesday Trek Tue, May 26, 2015, Maureen Coutant

- This week we hiked Hadley Mountain. We were afraid we'd miss all the wildflowers, but there were still some for us to stop and see which gave us a chance to catch our breath! We saw pink lady slippers, bunch berries, blue bead lily, Canada mayflower, and jack in the pulpit among others. Once we relaxed at the top for awhile, we headed over to the north side of the mountain for more views and to check out the 'rock garden' creatures. We added a few of our own. Go see if you can find some turtles, a camel, and a rabbit/dog/sheep? There were many opinions on what the last one looked like! Participants: Jayne Boudier, Nancy Burke, Tom Burns, Mo Coutant, Carolyn Curren, Ania Gaguine, Mark Janey, Margie Litwin, Licia Mackey, Joy Munro, Kathi Noble, Andrew Paolano, Kendra Pratt, George Sammons.

Mountain Bird Hike - Blue Mountain Wed, May 27, 2015, Rich Speidel

- We enjoyed the morning climb up Blue Mountain and stopped often to hear the various bird songs in the forest. It was interesting to hear the songbirds change from the lower to higher elevations. A highlight was the heavenly flute-like song of the Swainson's thrush. Ten warbler species were heard from trailhead to summit, including blackpoll warblers above 3,000 feet; magnolia and yellow-rumped warblers were also seen. We had good views from the fire tower before quickly heading down to avoid an approaching thunderstorm. Despite some rain on the return hike, we completed a nice day with 21 bird species on the wooded slopes of the mountain. 8 participants: Laura Fiske, Kate Foley, Denis Foley, Bruce Goodale, Bo Harris, Mark Janey, Rick Jannett, Rich Speidel.

Roostercomb and Snow Sat, May 30, 2015, Wayne Richter and Leighann Helson

- Our hike began at the Roostercomb parking lot. We skirted the swamp and then entered beautiful hardwood forest. With a well built trail, nearly mud free due to lack of rain, we had a fine climb. Although not a hot day, it was very humid so we made frequent stops to keep hydrated. Steve and Dalton climbed on to the big erratic at the four way junction with the trails to Roostercomb, Hedgehog and Snow. Although getting up was hard, getting down was perhaps even trickier. We stopped at the view on the way to Roostercomb, then went on to the summit for lunch. We sunned ourselves on the rocks and enjoyed the cloud formations, including the rain shower that enveloped Marcy and passed harmlessly to our south. Then it was back down and along the lightly used trail from Roostercomb to Snow and up to Snow. We had more sun on the rocks, great views, a group photo and chocolate chip cookie bars. We had just a bit of a shower a few minutes before reaching the trailhead, but got out well before the rain and thunderstorms moved in. Participants: Karen Burka, Bill Barton, Denise Erwin, Jennifer Ferriss, Ania Gaguine, Gretchen Gedroiz, Dalton Hanaway, Leighann Helson, Alexandra Howe, Susan Keely, Licia Mackey, Steve Mackey, Wayne Richter.

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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT #76
SARATOGA SPRINGS, NY
12866

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

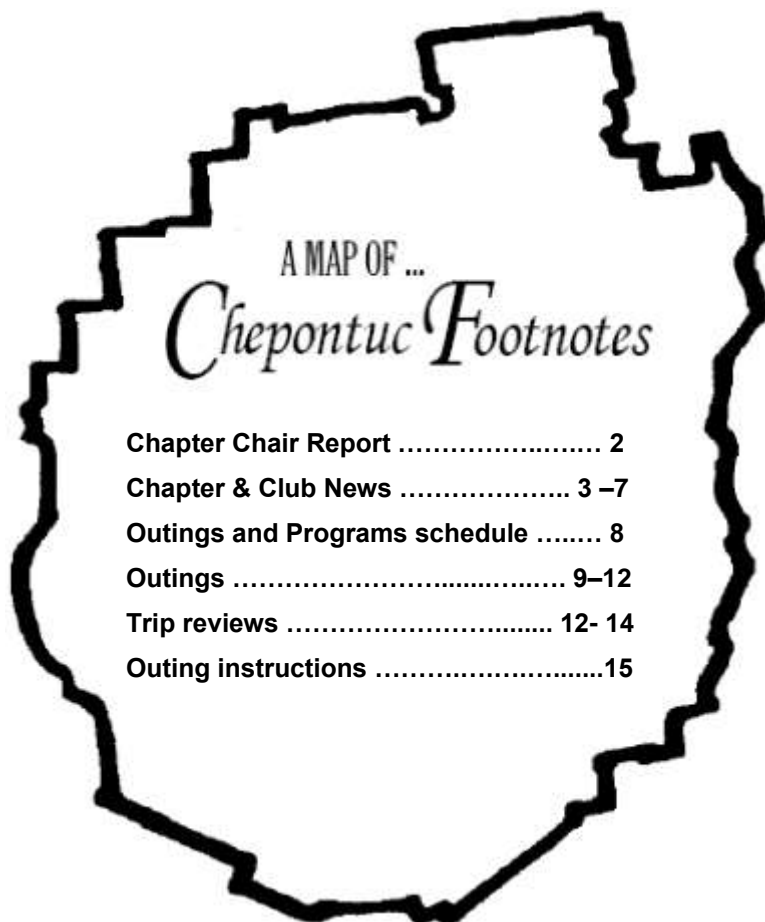
*Adirondack Mountain Club
814 Goggins Road
Lake George, New York 12845*

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!



Chapter
Web Site
QR Code
For
Smart Phone



Reminder: Please include your e-mail address when renewing membership!