



# Chepontuc Footnotes

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



Wildlife biologist Paul G. Jensen will present a talk on "Big Cats of the Adirondacks" on Wednesday, May 27 at 7 pm in the Christine L. McDonald Community Room on the lower level of Crandall Library in downtown Glens Falls. The program is co-sponsored by the Southern Adirondack Audubon Society and the Glens Falls-Saratoga Chapter of the Adirondack Mountain Club.

Dr. Jensen will talk about the biology, management, and the current and historical populations and distribution of the Canada lynx, bobcat, and mountain lion in New York and the Northeast; he will also discuss how these species may fare in the future.

Dr. Jensen is a Senior Wildlife Biologist for the Division of Fish, Wildlife, and Marine Resources at the NYS Department of Environmental Conservation office in Warrensburg. His responsibilities include furbearer management and research, as well as wildlife management planning for Adirondack Forest Preserve units (e.g., Wilderness Areas and Wild Forest) in NYSDEC Region 5. He earned a Ph.D. in 2013 from the Department of Natural Resource Sciences at McGill University in Montreal, Quebec. His doctoral research focused on the ecology and management of American martens (*Martes americana*) in the Adirondack Park.

Before joining the DEC in 2003, Dr. Jensen worked in Alaska monitoring caribou and other large mammals on the Arctic Coastal Plain and conducted research with the New York Cooperative Fish and Wildlife Research Unit at Cornell University. He received his M.S. in Wildlife Ecology from the University of New Hampshire and his B.S. in Environmental Biology from SUNY College of Environmental Science and Forestry.

**Please do your best to avoid wearing fragranced products to the program. Fragranced products trigger allergies, asthma, and migraines in others.**

See you there!

## Big Cats of the Adirondacks

**When: 7pm Wed May 27**

**Where: Crandall Library,  
Glens Falls**

## Is it mud season??

During spring mud season, trails are particularly vulnerable to erosion. It is therefore best to stay off higher elevation trails during early spring. This year, that may be extended to early summer!!

The New York State Department of Environmental Conservation institutes a voluntary trail closure in the Eastern High Peaks during this time of year that asks hikers to refrain from traveling above 3,000 feet. This protects alpine vegetation and prevents trail erosion. More info on trail conditions in the Adirondacks can be found on the DEC Web site or by contacting the DEC Forest Rangers at 518-897-1200 or ADK Info Ctr at 518-523-3441.

Closure typically runs from May-mid June, but may be extended...so check conditions before you head out!

## Spring is finally here!

By Laura Fiske, Chapter Chair

As I write this report, it is snowing. It is hard to believe spring officially started a week ago. Due to a deep snow pack and lingering cold temperatures this spring will be particularly wet in the High Peaks. NYSDEC is asking hikers to avoid trails above 3,000 feet, particularly high elevation trails in the Dix, Giant and High Peaks Wilderness Areas in the northern Adirondacks, due to muddy conditions and the potential damage hiking can cause to vegetation and soft ground. Use this as an opportunity to try something new like undiscovered trails and not-so-high-peaks in other areas of the forest preserve. For all you High Peaks hikers, you will be back there soon enough. In other spring news, Eastern Mountain Sports will be holding club days on Friday, May 1<sup>st</sup> and Saturday, May 2<sup>nd</sup>. This is your chance to get some new gear and save some dollars in the process. Be sure to bring your ADK membership card so you get the discount. We will have a table at the Wilton store both days so be sure to say hello. If you have indicated an interest in helping out you will be contacted by Membership Chair Pat Desbiens. You can also contact Pat directly. Her contact information is to the right of this chair report.



Mud  
Club Days  
Volunteers

Spring also starts preparations for the chapter annual dinner and the 2016 slate of officers. At the present time I am seeking volunteers to be on the nominating committee. See the article in this newsletter for more information.

You will be hearing more about this as the year goes on, but ADK is investing in a younger member initiative. ADK will be hiring a Younger Member Outreach Coordinator. The membership survey conducted last year showed that only 15 percent of ADK members are 40 years or younger. Over 50 percent of ADK members are 60 years and older. These results show the need to diversify ADK's membership and develop programs to reach out to younger adults. The coordinator will work closely with the younger member groups in the chapters as well as researching and developing an integrated communication platform to engage younger adults. A generous donation from a single individual is laying the foundation for this project.

In closing, enjoy the spring season and think about volunteering for your chapter. No specialized skills are necessary, just a willingness to help!

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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..but soon to be filled!

**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 ymg@adk-gfs.org

### EMS Club Days!!

**Join us May 1st & 2nd** to learn about local clubs that love the outdoors as much as you do! Club reps will be on site to answer questions about the best local rides, routes, and rivers.

**Exclusive offer for members of outdoors clubs:** 20% off full-price items, storewide. EMS Rewards members can earn Double Points!

## **Volunteers are needed to join the Chapter Nominating Committee**

At the annual meeting each fall, chapter officers are elected to serve the chapter for the upcoming fiscal year. In the spring, a nominating committee is formed to put together a slate of officers for the annual meeting.

I am seeking four people to serve on the committee with me. The duties of the committee will be to brainstorm the names of individuals to serve as officers and contact these individuals to determine their interest and answer any questions they may have about the position. The description of duties for all officers and elected positions is available in the chapter by-laws on the chapter website (left sidebar under "Chapter Information").

In addition to filling current vacancies I am seeking to build a list of individuals that may be interested in chapter leadership positions in the future.

At times, vacancies occur during the year and positions need to be filled. Your ADK chapter needs you. The executive committee meets the first Wednesday of each month (no meetings during July and August) alternating between Glens Falls and Saratoga Springs. Learn and be a part of the great history of this great organization – Adirondack Mountain Club and your Glens Falls-Saratoga Chapter.



***If you are interested in being a part of the nominating committee or becoming involved in the leadership of the chapter please let me know.*** My contact information

is listed under the Chapter Chair in the Executive Committee listing on the second page of the newsletter or on the website under the "Committee Contacts" tab found on the left sidebar.

Laura Fiske, Nominating Committee

### **Find out how the Chapter works!**

#### **Upcoming Executive Committee meetings:**

**May 6 @ 7pm @ Carl Rs, Glens Falls**

**June 3 @ 7pm @ Wesley, Saratoga**

(No meetings in July and August)

**Call or email the Chapter Chair for more info.**

### **ADK Spring Clean up/ Hike Sat May 2nd 9 am**

***Come join fellow ADKrs at ADK Headquarters just off Exit 21 to help spruce up the building and grounds.***

***Food, drinks, and a hike in the Lake George Rec area afterwards provided!***

***Email: Mo Coutant for more info  
mojim@roadrunner.com***

## **Membership update**

## **By Pat Desbiens**

### **NEW MEMBERS - JANUARY 2015**

Julie Batchelder, Clifton Park  
Luc Belikis, Queensbury  
Brianna Castellano, Kattskill Bay  
Monika Jobes, Porter Corners  
Joe & Diane Van Buren, Wilton  
Jeffrey, Noah Lieberman & Meghan Lee, Ridgefield, CT  
Lisa Norelli, Clifton Park  
Beth Ossart, South Glens Falls  
Zachary Pyle, Porter Corners  
Tina Strubel, Cambridge

### **REJOINED MEMBERS - JANUARY 2015**

Peter & Daniela Belikis, Queensbury  
Janet, Brian & Matthew Boyce, Gansevoort  
Matthew, Regina, Matthew I., Sierrah & Kelly-Anne Evans, Queensbury  
Brian Farenell, Glens Falls  
Mr. William Jasewicz, Amsterdam

### **NEW MEMBERS - FEBRUARY 2015**

Frank Alessandrini, Johnsonville  
Douglas Auer, Adirondack  
Marguerite Dusha, Greenwich  
Dave, Shannon, Elliott, Meredith & Grace Hungerford, Saratoga Springs  
Matthew Ledwith, Clifton Park  
Akane Suzuki, Ballston Spa

### **REJOINED MEMBERS - FEBRUARY 2015**

Allison & Jeffrey Branson, Tulluride, Colorado  
Jade Leighty; Jody, Braden, Owen & Matty Grafals, Glens Falls  
Alan, Monique, William & Jessica Sofen, Hadley

***Thank you for joining or renewing!!  
Remember to use your ADK card for a discount  
on EMS Club Days and at the ADK store.***

## Fire Tower Challenge News By Kathi and Tim Noble

**Moreau State Park Expansion** – The 760 undeveloped acres of the former Mount McGregor Prison property will become part of Moreau State Park. The plan was announced recently by Rose Harvey, commissioner of New York’s Office of Parks, Recreation and Historic Preservation. The land transfer will make additional trails in the Palmertown Range possible, including a trail to the historically significant Grant Cottage. Connections to existing and proposed trails in the area are also envisioned. A master plan will be developed for the new recreational lands.

The prison property lies in the towns of Moreau, Wilton and Corinth. The main building, which closed as a prison in July of 2014, will be available for development.

### What app is that?

Have you found an app that you like and think other ADKers 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.

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>.

The Fire Tower Challenge is a great reason to get out with family and friends to enjoy the woods and accomplish a goal. An updated brochure can be printed off the chapter’s website.

The following people have recently received their Fire Tower Challenge patches:

Ann and Michael Meehan Newtown, Ct  
Samantha Raymond Rochester, NY  
Francis Willis Queensbury, NY  
Glenda and Peter Brown Tivoli, NY  
Donald Slick Clifton Park, NY  
Marj and Jim Wallace Fulton, NY  
David Meeker Saranac Lake, NY  
Karen White Saranac Lake, NY  
Robert Pettengill Ilion, NY

The Following people have completed the Winter Fire Tower Challenge:

Bob Morgan Jr. Mohawk, NY  
Jack Whitney Queensbury, NY  
Robert Pettengill Ilion, NY

Congratulations to all of you on completing a goal that you have set!

Spread the word about the challenge to your fellow hikers!



## LAKE CHAMPLAIN BASIN PROGRAM Supports Two New ADK Backcountry Citizen Science Projects to Combat Invasive Species in the Adirondack Park: **Citizen Scientists Needed!**

Adirondack Mountain Club is pleased to announce that it will be initiating two Backcountry Citizen Science projects, thanks to the **Lake Champlain Basin Program (LCBP)**. Two citizen science projects entitled, the “*Backcountry Water Monitors*” project, and the “*Backcountry Forest Monitors*” have been funded through LCBP’s Aquatic Invasive Species Spread Prevention, and Education and Outreach Program respectively. These projects involve recruiting volunteers to survey their favorite trails, lakes, and ponds for aquatic invasive species and forest pests.

The two projects focus on the backcountry areas of the Lake Champlain Watershed and the Adirondack Park. For this reason, ADK Lean-To Adopters whose lean-tos are on or near a water body within the Basin are strongly encouraged to participate!

If you would like to become a Backcountry Water Monitor or Backcountry Forest Monitor please contact Cathy Pedler, [518-449-3870](tel:518-449-3870), [cathy@adk.org](mailto:cathy@adk.org) to learn more, to sign-up to adopt your favorite area ( trail, pond, lake shore, stream or river bank), and to participate in citizen science training for invasive species identification, and monitoring protocol.

ADK partners in these projects include Adirondack Park Invasive Plant Program (APIPP), the Adirondack Watershed Institute (AWI) of Paul Smith’s College, Office of Parks Recreation and Historic Preservation (OPRHP), the NY Natural Heritage Program, and Cornell University. Sign-up and Read More Here: [http://salsa4.salsalabs.com/o/51116/p/salsa/web/common/public/signup?signup\\_page\\_KEY=7940](http://salsa4.salsalabs.com/o/51116/p/salsa/web/common/public/signup?signup_page_KEY=7940) Together, we can keep our waters clean and our forests protected! (originally posted in Today@ADK)

# Outings and Programs Schedule

See [adk-gfs.org](http://adk-gfs.org) website for latest calendar

Date	Day	Type	Destination	Leader(s)	Rating
<b>May</b>					
2	Sat	Other	ADK Headquarters Work Day!	Maureen Coutant	NR
2	Sat	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C-
4	Mon	Geocache	Geocache	Sarah King, Mo Coutant	NR
6	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
9	Sat	Hike	Hurricane Mt.	Bill Morse, Heather Webb	B+
9	Sat	Hike	Falls Along Gill Brook	Nick Ringelberg	B
9	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
12	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
16	Sat	Hike	OK Slip Falls	Rich Crammond	B
19	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
25	Mon	Paddle	Jabe Pond & Middle Mtn	Jayne Boudier	A-
26	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
27	Wed	Hike	Mountain Bird Hike - Blue Mountain	Rich Speidel	B
27	Wed	Program	Big Cats of the Adirondacks with wildlife biologist Paul Jensen	Sarah King	NR
30	Sat	Hike	Roostercomb and Snow	Wayne Richter, Leighann Helson	B+
<b>June</b>					
1	Mon	Geocache	Geocache	Sarah King	NR
3	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
6	Sat	Bike	Mountain Bike ride near Whiteface Mtn.	Steve Mackey	A
6	Sat	Hike	Bradley Pond (Newcomb area)	Rich Crammond	B
7	Sun	Hike	OK Slip Falls and Crehore Garnet Mine	Nick Ringelberg	B
9	Tue	Paddle	Mid week Paddle	Maureen Coutant	NR
13	Sat	Hike	Phelps Mt. (Herd Path)	Bill Morse	A
13	Sat	Hike	Prospect Mountain	Neal Van Dorsten	B-
14	Sun	Hike	Crane Mt.	Alison Laurin	B
16	Tue	Hike	Tuesday Trek	Maureen Coutant	NR
20	Sat	Hike	Seymour	Wayne Richter, Jef Martin	A
21	Sun	Paddle/ Camp	Lake George Narrows	Jayne Boudier	A
23	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
27	Sat	Hike	Lily, Round, and Duck Pond (near Brant Lake)	Nick Ringelberg	B
<b>July</b>					
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	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	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
29	Wed	Hike	Pharaoh Mt.	Alison Laurin	A-
31	Fri	Hike	Dial and Nippletop, High Peaks	Alison Laurin	A+

## Outings Detail

### **ADK HEADQUARTERS WORK DAY!** - [ Other ]

Sat, May 2, 2015, 9:00 am, Rating: NR

Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- Come join fellow ADKers in doing some spring cleanup at the ADK Headquarters building. Coffee and breakfast treats in the morning, pizza for lunch, and maybe a little hike up the road at the Lake George Rec area around 2 when we're done! Bring some work gloves and any skills you have! If you don't have any...we'll still find something for you to do! Many hands make light work, so please join us! My back can't take it for long!

### **SPRING BIRD WALK - WILTON WILDLIFE PRESERVE**

Sat, May 2, 2015, time TBD, Rating: C-

Rich Speidel - 623-2587

- Spring is a great time to hear and see native and migrating birds in our area. This will be a leisurely morning walk of about two miles along the trails and varied habitats of Camp Saratoga. We will stop often and record the bird species identified. Group size is limited, so please call ahead to sign up. Please bring binoculars, snacks, water, and insect spray. The rain date is Sunday, May 3. Meeting Place: Camp Saratoga, Scout Road.

### **GEOCACHE**

Mon, May 4, 2015, 9:00 am, Rating: NR

Sarah King - 798-0615, [scubakings@roadrunne.com](mailto:scubakings@roadrunne.com)

Colead: Mo Coutant - 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. 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, May 6, 2015, 7:00 pm, Rating: NR

Laura Fiske - [lheacox@nycap.rr.com](mailto:lheacox@nycap.rr.com)

- Board Meeting Carl R's Exit 18

### **HURRICANE MT.** - [ Hike ]

Sat, May 9, 2015, 8:00 am, Rating: B+

Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)

Colead: Heather Webb - 347-793-6580 or [heather-jwebb@gmail.com](mailto:heather-jwebb@gmail.com)

- We will be hiking up the old fire observer tower trail. Trailhead is off of Rt. 9N in Elizabethtown. Hike is 5.4 miles with an elevation gain of 1,700 feet. It should be just a hike, but be prepared for microspikes. We will meet at 8AM at exit 29. Hurricane has beautiful views so hope for a clear calm day. Leader may bring dog.

### **FALLS ALONG GILL BROOK** - [ Hike ]

Sat, May 9, 2015, 9:00 am, Rating: B

Nick Ringelberg - 518-522-6863, [nickringelberg@yahoo.com](mailto:nickringelberg@yahoo.com)

- There are a series of falls in the Ausable Club area including Pyramid Falls, Wedge Brook Falls, Beaver Meadow Falls, and Artists Falls. With about 3 miles walk in on the Lake Road, the falls are all side trips that will add as much as 2 more miles to the hike and, depending on the group, we will visit as many as possible. Another 1.5 miles beyond Artists Falls, cascades Fairy Ladder Falls, a 90 foot staircase shaped falls that will most likely be left for another day. Gill Brook in itself is a fairy tale of a beautiful stream.

### **SPRING BIRD WALK - PACK FOREST, WARRENSBURG**

Sat, May 9, 2015, time TBD, Rating: C

Rich Speidel - 623-2587

- A leisurely morning walk of about three miles through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migrating and native birds crossing our path. We will check for birds around Pack Forest Lake and may visit the Grandmother's Tree, a towering 175 foot white pine some 315 years old. Please call ahead to register. Please bring binoculars, snacks, water, and insect spray. The rain date is Sunday, May 10. Meeting Place: Pack Forest - Route 9, 3/4 mile north of Route 28.

### **TUESDAY TREK** - [ Walk/Hike ]

Tue, May 12, 2015, time TBD, Rating: NR

Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- The midweek trips are usually within an hour of Glens Falls and 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 or check website to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

### **OK SLIP FALLS** - [ Hike ]

Sat, May 16, 2015, 8:30 am, Rating: B

Rich Crammond - 518-584-2380

- Come along on this spring outing to a neat place in the 'Dacks. We may have some muddy areas but it's not too bad a trail. It will be a six mile hike. Black flies may be out (Eeks!). We will carpool from Tops on Main Street in North Creek to the trailhead. See you there hiker buds.

### **TUESDAY PADDLE**

Tue, May 19, 2015, time TBD, Rating: NR

Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- This will be the first paddle of the season. Usually we paddle from Lake Luzerne up to Second Lake on one of our first outings, so maybe we'll give that a go. Or we might check out the Glen Lake fen. So call or email the weekend before to see what I've decided to do!

### **JABE POND & MIDDLE MTN** - [ Paddle ]

Mon, May 25, 2015, time TBD, Rating: A-

Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)

- Call leader for details.

### **TUESDAY TREK** - [ Walk/Hike ]

Tue, May 26, 2015, time TBD, Rating: NR

Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- See June 16th.

### **MOUNTAIN BIRD HIKE - BLUE MOUNTAIN**

Wed, May 27, 2015, time TBD, Rating: B

Rich Speidel - 623-2587

- A gradual climb of Blue Mountain, with frequent stops to identify the various bird species from the 2,210 foot starting elevation to the 3,759 foot summit. Bicknell's thrush and boreal chickadee are possible at the higher elevations. We will have lunch on the summit and enjoy the mountain and lake views from the fire tower. This morning and afternoon hike has a round trip distance of four miles with a 1,550 foot ascent. Please call ahead to register and for trip details/arrangements. The rain date is Thursday, May 28.

### **BIG CATS OF THE ADIRONDACKS WITH WILDLIFE BIOLOGIST PAUL JENSEN** - [ Program ]

Wed, May 27, 2015, 7:00 pm, Rating: NR

Sarah King - 518-798-0615, [programs@adk-gfs.org](mailto:programs@adk-gfs.org)

## Outings Detail

- Wildlife biologist Paul G. Jensen will present a talk on "Big Cats of the Adirondacks" on Wednesday, May 27 at 7 p.m at Crandall Public Library. The program is co-sponsored by the Southern Adirondack Audubon Society and the Glens Falls-Saratoga Chapter of the Adirondack Mountain Club.

### **ROOSTERCOMB AND SNOW** - [ Hike ]

Sat, May 30, 2015, 8:00 am, Rating: B+  
Wayne Richter - 518-893-7895, [wrichter@nycap.rr.com](mailto:wrichter@nycap.rr.com)  
Colead: Leighann Helson - [lhelson@nycap.rr.com](mailto:lhelson@nycap.rr.com)  
- These two smaller gems of the High Peaks region offer great views without too much climbing. We'll get an early start on summer while staying below the mud season elevation limit. With any luck, we'll also be below the black flies, but come prepared just in case. Distance is 6.4 miles with about 2000 feet of elevation change.

### **GEOCACHE**

Mon, Jun 1, 2015, time TBD, Rating: NR  
Sarah King - 518-798-0615, [programs@adk-gfs.org](mailto:programs@adk-gfs.org)  
- 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!

### **EXECUTIVE COMMITTEE MONTHLY MEETING** - [ Other ]

Wed, Jun 3, 2015, 7:00 pm, Rating: NR  
Laura Fiske - [lheacox@nycap.rr.com](mailto:lheacox@nycap.rr.com)  
- Board Meeting-Saratoga- Wesley Health Center

### **MOUNTAIN BIKE RIDE NEAR WHITEFACE MTN.**

Sat, Jun 6, 2015, 8:00 am, Rating: A  
Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)  
- There are some fairly new mountain bike trails near Whiteface Mountain. I've never been there, but I've heard that they are really good. I'll study up on them meanwhile so we know exactly where we are going. If it is still muddy, we will ride up Whiteface instead.

### **BRADLEY POND (NEWCOMB AREA)** - [ Hike ]

Sat, Jun 6, 2015, 8:30 am, Rating: B  
Rich Crammond - 584-2380  
- I'd like to add this pond to the many I've been to in the past. It looks like a good exercise hike to a nice area. It's 8.8 miles round trip with approximately 1,100 feet of elevation change. Look for the black Ford F-150 pickup truck at the pull off at 28N and the road to North Hudson. I'll lead from there to the trail-head. Headnets and rain gear might be needed. See you there.

### **OK SLIP FALLS AND CREHORE GARNET MINE** - [ Hike ]

Sun, Jun 7, 2015, 7:00 am, Rating: B  
Nick Ringelberg - 518-522-6863, [nickringelberg@yahoo.com](mailto:nickringelberg@yahoo.com)  
- Opened last year by the DEC we will go to the fabulous OK Slip Falls, highest in the Adirondacks. About 3 miles to the OK Slip Falls Overlook. Then we can drop down another mile to the rapids of the Hudson River to see the rafters floating by. Eight miles total, 1,000 feet elevation gain. On the trail we will check out an old Garnet Mine with a cavern and 90 foot tunnel. Hope for a warm day and the ice in the cavern will be a refreshing treat!

### **MID WEEK PADDLE** - See July 21st

Tue, Jun 9, 2015, time TBD, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

### **PHELPS MT. (HERD PATH)** - [ Hike ]

Sat, Jun 13, 2015, 7:30 am, Rating: A  
Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- We will start out at South Meadows and head into Marcy Dam and up Phelps from the Van Hoevenberg trail. We will descend via the herd path to the Klondike Lean-to and then back to South Meadows via the Klondike trail. 2,000 foot elevation gain and about 9 miles. We will meet at exit 29 at 7:30. Leader may bring dog.

### **PROSPECT MOUNTAIN** - [ Hike ]

Sat, Jun 13, 2015, 9:00 am, Rating: B-  
Neal Van Dorsten - 644-7034, [nealvan@aol.com](mailto:nealvan@aol.com)  
- We will hike Prospect from the ballfields. It is a pretty hike following a brook and then up along a rocky trail to the lower parking area of Prospect. This route is more diverse than the old railway route.

### **CRANE MT.** - [ Hike ]

Sun, Jun 14, 2015, 7:30 am, Rating: B  
Alison Laurin - [adkcalison@gmail.com](mailto:adkcalison@gmail.com)  
- This hike has some easy as well as steep sections. We will head up the "steeper" side first to the summit, which has some ladders too. Then we will head down to the pond and check that out before completing the loop back to the cars. About 7.4 miles round trip with 1154 ft. in elevation change. Should be another great day in the woods! Pace will be dictated by our group. Please email leader by the Friday before the hike to sign up, and for more information!

### **TUESDAY TREK** - [ Hike ]

Tue, Jun 16, 2015, time TBD, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- The midweek trips are usually within an hour of Glens Falls and 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 or check website to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

### **SEYMOUR** - [ Hike ]

Sat, Jun 20, 2015, 5:30 am, Rating: A  
Wayne Richter - 518-893-7895, [wrichter@nycap.rr.com](mailto:wrichter@nycap.rr.com)  
Colead: Jef Martin - [jpfish@binghamton.edu](mailto:jpfish@binghamton.edu)  
- This is your big chance to get to one of the remote western high peaks. We'll walk 5.5 miles along the Ward Brook Truck Trail to the start of the herd path to Seymour. We'll ascend for about 1.5 miles with a bit of scabbling on the rugged herd path. Once at the summit, we'll enjoy some great views. Then, of course, we will go back the way we came. We'll hope the black flies are gone by late June, but be prepared just in case. Elevation change is a bit over 2000 feet.

### **LAKE GEORGE NARROWS** - [ Paddle/Camp ]

Sun, Jun 21, 2015, 7:00 am, Rating: A  
Jayne Boudier - 793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- June 21-2. Call leader for details

### **TUESDAY PADDLE**

Tue, Jun 23, 2015, time TBD, Rating: NR  
Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See July 21st

### **LILY, ROUND, AND DUCK POND (NEAR BRANT LAKE)** - [ Hike ]

## Outings Detail

Sat, Jun 27, 2015, 8:00 am, Rating: B

Nick Ringelberg - 518-522-6863, [nickringelberg@yahoo.com](mailto:nickringelberg@yahoo.com)  
- Three ponds from Barbara McMartin's 'Discover the Eastern ADK'. Assuming the seasonal fire road is passable, we will drive from Brant Lake about 3 miles to Lily Pond. We will hike about a 5 mile loop trail over old farm roads, now designated trails, past old foundations, cellar holes and walls to connect up with Round Pond and Duck Pond. In the past there have been loads of Ladyslippers in bloom. Free Fishing Weekend for New York State, so if you are interested in fishing, bring gear. Leader has 4wd truck and canoe.

### **ALLEN** - [ Hike ]

Sun, Jul 5, 2015, 7:00 am, Rating: A++

Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto: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** - See July 21st

Tue, Jul 7, 2015, time TBD, Rating: NR

Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

### **MOXAM MOUNTAIN** - [ Hike ]

Thu, Jul 9, 2015, 9:00 am, Rating: B-

Neal Van Dorsten - 644-7034, [nealvan@aol.com](mailto: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.

### **MONTCALM POINT** - [ Hike ]

Sun, Jul 12, 2015, 9:00 am, Rating: C

Neal Van Dorsten - 644-7034, [nealvan@aol.com](mailto: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. 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.

### **TENANT CREEK FALLS** - [ Hike ]

Sun, Jul 19, 2015, 9:00 am, Rating: C

Nick Ringelberg - 518-522-6863, [nickringelberg@yahoo.com](mailto: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.

### **TUESDAY PADDLE**

Tue, Jul 21, 2015, time TBD, Rating: NR

Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto: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](mailto:wrichter@nycap.rr.com)

Colead: Jef Martin - [jpfish@binghamton.edu](mailto: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](mailto:boudier@verizon.net)

- July 25-6. 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 1-4pm on Sunday St. Williams on Long Point is 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 p.m. on Sunday. (See 'www.stwilliamsonlongpoint.org/bbq.html' for more information.)

### **PHARAOH MT.** - [ Hike ]

Wed, Jul 29, 2015, 7:30 am, Rating: A-

Alison Laurin - [adkalisongmail.com](mailto:adkalisongmail.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 - [adkalisongmail.com](mailto:adkalisongmail.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 hrs 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!

**Tuesday Trek Tue, Feb 10, 2015, Maureen Coutant**

- With 10 inches or so of fresh snow, the ski trails at Crandall Park were calling to us! We hadn't been there yet this season and you couldn't have asked for more perfect conditions. The groomer had been out and was actually out on the trails while we were finishing up. We had such a good time, some of us decided to return the next evening to ski under the lights. Crandall is such a magical place especially during a light snow at night! We're so lucky to have a lighted course through the woods right in the middle of our little city! Even luckier when we have snow! Carolyn tried out the snowshoe trail which was a little less traveled at this point in the day. Participants: Doug & Judy Beers, Annemarie Carberry, Mo Coutant, Carolyn Curren, Licia Mackey, George & Irene Sammons, & Bill Schwarz.

**Big Slide Sat, Feb 14, 2015, Steve Mackey and Rick Lennox**

- We had a few cancellations at the last minute, due to the cold weather forecast. We still ended up with four hikers and got Rick his 44th winter peak. The trail was broken, which surprised me, because we had gotten a big storm on the preceding Monday. We wore snowshoes the whole way, but passed a couple of hikers on the way out, that were only wearing micro spikes. The weather was cold, but not overly so. Things got a little nippy at the summit, but we ducked into the trees, to get out of the wind. We had an awesome butt slide for about a quarter mile leaving the summit. Since we had such an early start we were back at the cars around 1:00. We all headed to the Ausable Inn for beer and burgers, for lunch instead of dinner. Participants: Rick Lennox, Glenn Balschunat, William Peirce, Steve Mackey.

**Tuesday Trek Tue, Feb 24, 2015, Maureen Coutant**

- This week we hiked up to Berry Pond from the Lake George Rec trails. Many in the group had tried to get there other times and either took the wrong turn or ran out of time, so I was on a mission to show them the way to the pond. There are a few new signs that make it a little easier, but knowing to leave the trail and walk up the logging/snowmobile trail is key to finding your way to the pond. It's a steep trail from the rec trails to that road which was great for warming up on this single digit day. I was surprised that so many hardy souls showed up on this day when it was 20 below at day break! Participants: Joanne Armstrong, Doug & Judy Beers, Mo Coutant, Paul Dietershagen, Eric Krantz, Bill Was, Jim Zwynenburg.

**Rush Pond Sat, Feb 28, 2015, Reg Prouty**

- It was a beautiful midwinter day for this easy hike in the woods around Rush Pond. We followed a mostly broken trail but took a few less broken to get a little closer to the pond a few times. Jane was doing her usual photoshoot and took many candid shots in the woods and near the pond. I hope the connecting trail to the Queensbury cross-country trail system is marked by spring or summer as I still haven't correctly identified it yet. It would make a good traverse hike in the summer or fall. Three hikers: Reg Prouty, Jayne Boudier, and Mike Dashnaw.

**Tuesday Trek Tue, Mar 3, 2015, Maureen Coutant**

- This week we skied along the Wilkinson Trail at the Saratoga Battlefield. It was the first time along the trail for some in the group and a pleasant return for others. There was a dusting of snow recently and some snow blown onto the trail which made for nice conditions. The trail has a few hills and you have to cross the road a few times which is a bit challenging, but it was nice to get out and enjoy the varied terrain. The skiers at the back of the pack were treated to hearing a barred owl call to us. Participants: Doug & Judy Beers, Mo Coutant, Erin Ingrid, Licia

& Steve Mackey, Jim Ralston, Gwenne Rippon.

**Monthly Geocache Mon, Mar 9, 2015, Sarah King**

- This month we traveled down to Schodack Island State Park. We were here to find 11 winter friendly caches placed by NYS Parks Saratoga - Capital Region in their winter series of caches located in three of our beautiful New York State Parks: Moreau, Grafton Lake State Park, and Schodack Island State Park. Trails were hard packed and grippers were used for an easy walk on these flat trails. We found all 11 caches, placed just off the trails, easily and even found two more older caches. Once again, we were treated to homemade snacks by Licia and were pleasantly surprised to find the heated bathrooms, complete with hot running water, open in the parking area. Total distance was 4 miles. Great outing as usual with a great group of people. Participants: Sarah King, Licia Mackey, Steve Gray and Diane Demetriou.

**Tuesday Trek Wed, Mar 11, 2015, Maureen Coutant**

- This week I added in a trip, when I couldn't make it on the Monday Geocache trip. We joined up with Peter from the Crooked Canes to explore the tupelo trees in the Lincoln State Forest in Greenfield Center. The snowshoe trip took us through the woods past landmarks like the 'handle tree,' 'kissing tree,' the tupelos, an abandoned? heron rookery, and an active porcupine feeding grounds. It was great to see the area and all the cool landmarks, see old friends and make new ones! A great outing! Thanks Peter! Participants: Ray Bouchard, Jayne Boudier, Mo Coutant, Peter Fedorick, Jean Holcomb, Sam Lowe, Licia Mackey, Kathi Noble, Jim Ralston, Heather Smith, Don Thom, John Schneider, Ruth Schottman, Bill Schwarz, Tim and Mary Ward, Beth Zick, Ed Valla.

**Tuesday Trek Tue, Mar 17, 2015, Maureen Coutant**

- We didn't have much green on if any...but that was ok, since the weather forced us to do our outing on Thursday and not on St. Patrick's Day! It was chilly (teens or 20s and wind on top to make it feel much colder!), but it was a sunny day. We had a nice clear view of nearby Gore and the far off high peaks. None of us had hiked Moxham Mtn, but it had been on our to do list since seeing it highlighted in ADK's Adirondac Magazine a year or two ago. The trail was trampled down, so we only needed our microspikes, but you had to be careful to stay on the trail or you would occasionally post-hole. We decided this was a great time to hike this trail since without any foliage you had views through the woods to the northeast. We had almost as many people meet us along the trail as were on the hike. A few ADKs missed the car pool and we met them on our way down (Jayne, Rich, and Gigi). Hope you had as nice a hike as we did! Participants: Judy Beers, Tom Burns, Mo Coutant, Kathi Noble.

**Through Ski - South Meadows - Tahawas Sun, Mar 22, 2015, Steve Mackey**

- We had a few people cancel at the last minute, so we made it an unofficial trip, but still went. Since there was only three of us, we decided to do an out and back trip, and only take one car. We picked the Upper Works trailhead because we all have skied many times from the Loj/South Meadows trailhead. It is pretty much all uphill from the south so we did most of our work early and got the benefit of our hard labor on the way back. Driving up the Northway we were wondering if conditions would be any good, but as we got close to the start, it began to look more and more wintry. As we left the car, it was 6 degrees with fresh snow from the night before. There were a few Forest Rangers at the trailhead getting ready to drive snowmobiles into Flowed Lands due to an ongoing rescue (though it ended up

that they didn't need to). The skiing conditions (other than being pretty cold) were about as good as they get. We had a good kick and glide, and the downhill were fast, but not too fast. It was so good that we kept going and eventually went all the way to Marcy Dam before we turned around. It made for approximately a twenty mile day. On the way back from Flowed Lands it is around 4.2 miles, and I would guess that about 3 of them were free, because all we needed to do was turn. Participants: Maureen & Tim Laskey, Steve Mackey.

### **Tuesday Trek Tue, Mar 24, 2015, Maureen Coutant**

- This week we stayed close by and did an easy walk along the Harry Betar Walkway in So. Glens Falls. Although it's now well into the later 1/2 of March...the 'out like a lamb' still hasn't happened. But it was a beautiful chilly day with temps in the high teens and twenties while we were out. We saw some mallard ducks along the Hudson (clear of ice except in the bays and about 6 ft from the shore) and a woodpecker right along the trail who wasn't too concerned about our group and just kept on pecking! Afterwards some of us headed into GF to Spot Coffee. Participants: Doug Auer, Doug Beers, Mo Coutant, Rich Drew, Ania Gaguine, Bob & Carol Kafin, Eric Krantz, Licia Mackey, Kathi Noble, Jim Ralston, Gary Rodd, George and Irene Sammons, Joanne Szot, Laurie Williams.

### **Tuesday Trek Tue, Mar 31, 2015, Maureen Coutant**

- This is a hard time of year to plan activities in the area. Will there be snow? ice? slush? Who knows! Even a couple of days ahead of time. So this week we went with a safe option and walked in Saratoga State Park. To go on the trails we would have needed to use our microspikes, so we opted for a 'tour of the parking lots!' We walked around the Little Theater, to the golf course club house, to the trail parking, then around the car museum, into SPAC, then returned to follow the path to Rt 50 and cross over to the Y. This is where you can continue on another trail to the Beekman section of Saratoga, but we had enough by that time and headed back. Thanks to Steve's new app, we knew we'd gone just over 4 miles. Afterwards some of us headed into Saratoga for lunch! Participants: Doug & Judy Beers, Tom Burns, Nancy Burke, Mo Coutant, Paul Dietershagen, Jim Grinter, Sarah King, Eric Krantz, Licia & Steve Mackey, Joy Munro, Bill Schwarz, Joanne Szot.

### **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.

### **Bear-proof storage containers available!**

- ◆ 8.8" dia. X 12" long, weight 2.7 lbs. Designed to slip into your backpack.
- ◆ Required in the Eastern High Peaks Zone and important for any backcountry overnight adventure, backpacking or canoe camping destination.
- ◆ Rental Rates: 1-3 days \$5.00 4-7 days \$10.00

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

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

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  
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#### **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

### 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](http://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

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## 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!***

