



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

Get Your Orange Blaze On!

The last thing you want to do is look like an animal while out hiking during hunting season, so be smart and dress for the season. Wear colors you don't normally see on animals like deer and bears. So NO white, brown, or black! You don't see too many blaze orange, red, blue, or florescent colored animals...so those will look lovely on you in the fall and help you to stand out in the forest. Blending in isn't a good thing this time of year. Enjoy the season while being safe!

The Mountains Are Beautiful - Everywhere!

Presented by Alan Via

Join us for a tour of the best mountain scenery and animals from mountain ranges all over the north-east mountains, Utah, Colorado, Arizona, and the Sierras. Plus from travels outside the US to the Dolomites, New Zealand, Patagonia and elsewhere.

Alan has been the Albany Chapter's Outings Chair for 14 years and was ADK's Distinguished Volunteer in 2006. Among his

hiking accomplishments: ADK 46er, Winter 46er, NE111, Adirondack 100 Highest and Catskill 100 Highest, Catskill 3500 Club and 3500 Winter, Catskill 200 Highest, 80/100 of NEHH. He is also the author of *The Catskill 67 - A Hiker's Guide to the Catskill 100 Highest Peaks under 3,500'* and is working on two other hiking guides.



See you there!

Wed. Nov 18

7 pm

Saratoga Springs
Public Library

Signing Off

By *Laura Fiske, Chapter Chair*

Chepontuc Footnotes

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

Executive Committee 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 Aimee Rutledge
Phone: 401-529-5034
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

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Send items to: newsletter@adk-gfs.org

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Programs Sarah King
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**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 ***vacant***

*** We need people for these positions! Please help us out! ***

Since this is my last chapter chair report, I wanted to remind everyone of the need for volunteers to serve on standing committees. Two critical committees that need a chairperson are the Newsletter committee and the

Younger Members Group.

The preparation of the newsletter is highly automated and really requires someone to coordinate and facilitate the submissions from other chapter committees and chapter officers. We have two capable members that can provide support and mentoring. Attracting younger members is a key initiative of the main club and many

other chapters have younger member committees. Therefore, the chairperson for this committee will have a lot of support. We also need some volunteers for the first and second vice chair positions. These positions support the chapter chair and are vital for succession planning. No previous experience is necessary for any of these positions. The desire to help your chapter is the main requirement. Volunteering is a great way to meet new people, acquire valuable skills and give back to the organization. You can contact me directly or anyone else on the Executive Committee to learn about these opportunities.

I hope everyone that attended the annual dinner this year had a great time and enjoyed the movie. The Executive Com-

mittee would appreciate any feedback you have regarding this year's dinner. This was the first time we had a film as the program so your thoughts about that and the venue would be helpful for future planning.



As we move toward winter, don't forget about the Winter Fire Tower Challenge. If you enjoyed hiking the trails to the fire towers in other seasons, now is the time to start working towards your winter Fire Tower patch. Climb the fire towers between December 21st and March 21st to get your winter patch. You use the

same list of fire towers and just write "winter challenge" on the top of the brochure. Also, we will be participating in the upcoming Victorian Stroll in Saratoga Springs. This is always a great event to attend. Please stop by and visit fellow chapter members at the ADK table.

In closing, I want to thank the Executive Committee members for all their help over the last three years that I was the chapter chair. I leave you in capable hands and hopefully some of you will be future Executive Committee members yourselves. Even though I will not be leading the chapter any longer, I am still working on the Fire Tower Challenge and am seeking my next quest so I am sure I will be seeing you on the trails and on the road for all you cyclists.

Volunteers
Annual Dinner
Winter FTC
& Thanks

When the snow comes...remember:

Chapter snowshoe rentals

Snowshoes are at ADK Member Services in Lake George. Call 668-4447 for reservations and hours. We have 2 prs of men's MSR Denali snowshoes, 2 prs of women's Tubbs' snowshoes, & 2 prs of Children's Tubbs' snowshoes.

Chapter Members: \$10/weekday; \$15/weekend
Non-Members: \$13/weekday; \$18/weekend

Membership update

By Pat Desbiens

New Members

Thank you for joining!!

JULY 2015

Kerri, Kemp, Abigail & Thomas Bundy, Wilton
Richard Corvetti, Saratoga Springs
Michael & Julia Cushing, Saratoga Springs
Gary V. Dlugas & Judith A. Richards, Amsterdam
Deborah Donohue, Argyle
Denis Foley, Saratoga Springs
Emilie L. Guillet & Guillaume Tousignant, Montreal
Sharon Hinkle, Gansevoort
John Kelly, Gansevoort
Janice Koslow, Mechanicville
Christopher Lepkowski, Saratoga Springs
Evan Mercier, Greenfield Center
Rolly Merrill, Queensbury
Rick Moore, Ballston Spa
Gray Stephens, Monroe Louisiana
Maureen, Hannah & Liam Wendell, Saratoga Springs

AUGUST 2015

Carrie & Bob Agne, Granville
Aubrey Baldauf, Queensbury
Philip Brousseau, Clifton Park
Dominick Falzano, Chestertown
Evan Gould, Glens Falls
Jonathan Hough, Glens Falls
Tc McEntyre, Wynantskill

Rejoined Members

Thanks for renewing!

July 2015

Vae Champagne, Ernest & Donald Mecca, Southport, Connecticut
Robert & Sharon Charbonneau, Queensbury
Caryn, Greg, Nick & Sydney Fuller, Queensbury
Mark & Liana Greenberg, Ditte Nielsen & Ariela Lavana, Malden Bridge, New York
Stanley, Nancy, Brandon & Gabrielle Krawczuk, Ballston Spa
Philip, Andrea & Zoe McGuire, Clifton Park
Kris, Dan & Bear Nusskern, Queensbury
Patricia & Richard Tuzzolo, Lunenburg, Massachusetts
Doug & Cory Ward, Saratoga Springs
Glenn R. Watson, Queensbury

AUGUST 2015

Andrew Allison & Laura Carusone; Addison & Luke Kelly; Louis & Gloria Allison, Queensbury
Brian Crawford, Schuylerville
Edward & Nancy Gadarowski, Cambridge
Michael Lilac, Hoosick Falls
Emily McPhillips, Lexington, Massachusetts
Laurie Newcomer, Ballston Spa
Patricia, Josh, Joshua & Rose Nixon, Saratoga Springs

Fire Tower Challenge News By Kathi and Tim Noble

The awesome weather this summer allowed for many great days of hiking. There were a lot of challenger finishers since June. Some of these people took several years to complete the adventure and others did it in just a few months. It doesn't matter how long; it is the accomplishment of a goal and the adventure that is important. Faith M. Turner commented that she has hiked her entire life but felt, "there is just something about these fire towers that are special and a little bit mystifying".

NOTE: The Spruce Fire tower trail was officially **reopened in October 2015, but is closed during the hunting season between October 24 - December 6.** Please don't use the trail during this time for your safety and since we can't count it towards the Challenge either!!



Congratulations to all the finishers! The following people have completed the challenge and received their patches:

Todd Compani Amsterdam, NY
Leighann Helson Waterford, NY
Grace Garguiulo Nesconset, NY
Tracy Gutowski Amsterdam, NY
Ellen Dwyer Bayport, NY
Michael Dwyer Bayport, NY
Michael Kelly Boonville, NY
Mike Mamrosh Boonville, NY
Alison Darbee-Laurin Saratoga Springs, NY
Jonathan Laurin Saratoga Springs, NY
Teresa Peters East Greenbush, NY
Valerie Beaulieu Montreal, Quebec
David Allain Montreal, Quebec
Susan Davenport Pattersonville, NY

John E. Minnich Carthage, NY
Wilma Minnich Carthage, NY
Leslie Burkner Fine Brewster, NY
Thomas Fine Brewster, NY
CJ Imperial Ballston Lake, NY
Brian Gordon Plattsburgh, NY
Jennifer Giamb Bruno Plattsburgh, NY
Katrina Keohane Gloversville, NY
Allie Delventhal Plattsburgh, NY
Faith Mosseau Turner North Colonie, NY
Jalaine McHale Ballston Spa, NY
Whitney Codington Potsdam, NY
Harold Bradley Tupper Lake NY
John Payles Ballston Spa, NY

This article is a repeat from the last newsletter, because the deadline is fast approaching!! Get your application in by DECEMBER 28TH!! Don't let your son or daughter (or anyone you know in the age range) miss out on this invaluable experience ~ free through the Chapter sponsorships!

Our Glens Falls-Saratoga ADK chapter is looking for candidates to sponsor for week-long camper-ships in the summer of 2016 at DEC's **Camp Colby** and **Pack Forest**, and as part of ADK's five day high school **Teen Trails** maintenance projects. These programs offer those being sponsored the opportunity to heighten their awareness and appreciation of nature and environmental concerns, while participating in educational and/or recreational activities, dependent upon the program. For those selected, attendance fees (\$350 DEC and \$250 ADK) will be paid by our chapter.

The Lake **Colby** Environmental Education Camp, for youth aged **11 to 13**, is located on the western shore of Lake Colby, just outside the Village of Saranac Lake. The DEC website promises a week filled with fun and adventure, noting that "campers participate in a discovery group while at camp, completing six lessons ranging from group dynamics to field, forest, and pond explorations, to a study of human impact. Group members learn science, solve challenges, play games, keep a journal, catch salamanders, net butterflies and discover the interconnectedness of life on earth. College-educated counselor staff guide all activities, encouraging participation and respect, while interpreting the natural world for the campers. Additionally, campers choose from a variety of optional activities throughout the week that introduce them to outdoor pursuits and pastimes. Experiences include fishing, canoeing, archery, exploring a bog, and overnight camping."

Pack Forest, just north of Warrensburg, offers camp sessions for both teens, from **14 to 17** years old, and youth, aged **11 to 13**. "Sessions offer the older campers a chance to explore forestry, aquatic biology, wildlife management, field ecology, and other environmental issues. Workshop attendees learn about professional forestry techniques, such as the use of Biltmore sticks and increment borers. The program emphasizes group dynamics and teamwork as essential to the environmental decision-making process. Staff encourages interaction, communication, and cooperation as campers seek solutions to group challenge activities. Students also discover their individual strengths and abilities. In addition to advanced outdoor workshops, Pack Forest campers participate in exhilarating, out-of-camp canoeing or backpacking trips in the beautiful Adirondacks. Optional activities during the week include fly fishing, hiking, swimming, shooting sports, and orienteering." Youths, ages **11 to 13**, can share in activities that mirror those at Camp Colby.



ADK's **Teen Trail** five-day projects are geared towards high school students (**aged 14 to 17**). This program, which relies on the key elements of teamwork and shared responsibility, focuses on educating participants on the ways and means of trail maintenance. Participants may learn such skills as how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, or how to use boulders with a steel bar. Through the course of a trail project, which can be physically challenging, campers share in a fun and rewarding experience while forming new friendships and memories. Ultimately a quality trail project is completed by trail crews and it will protect the natural resource for many years. ADK provides campers with food, group camping gear, tools, and experienced leadership. Specific sites for the summer 2016 program will be posted on our site as soon as available. Campership recipient Walker Caffry-Randall had this to say about his experience and provided us with a photo as proof ... "I had a lot fun this year and I enjoyed learning about making wooden bridges. It was especially cool because we felled the tree on site. I feel like my skills have really increased now that I have had a project with stone and a project with logs. I have had so much fun I hope to be on a crew every summer. When I am old enough, I hope to work for the Adirondack Mountain Club. I'd love to be a teen trail crew leader."

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

Linda Ranado
18 Pine Ridge Road
Hadley, NY 12835

Email or send application by Dec. 28th!
Call Linda at 696-7265 or email lrando@hotmail.com with any questions!!

Find out how the Chapter works!

Upcoming Executive Committee meetings:

Nov 4 @ 7pm @ Carl Rs, Glens Falls

Dec 2 @ 7pm @ Wesley, Saratoga

Jan 6 @ 7pm @ Carl Rs, Glens Falls

Call or email the Chapter Chair for more info.

What app is that?

There are many apps you can use to track your trip while out on a hike or kayak trip. If you're lucky to have someone with one, they can send you the info about your trip like George Sammons does when he comes on an ADK trip. (See below)

Actually, he does the track log on his GPS or with his new watch, so you have many options. You also have to have the skills to share the fun info with the group!

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.): _____

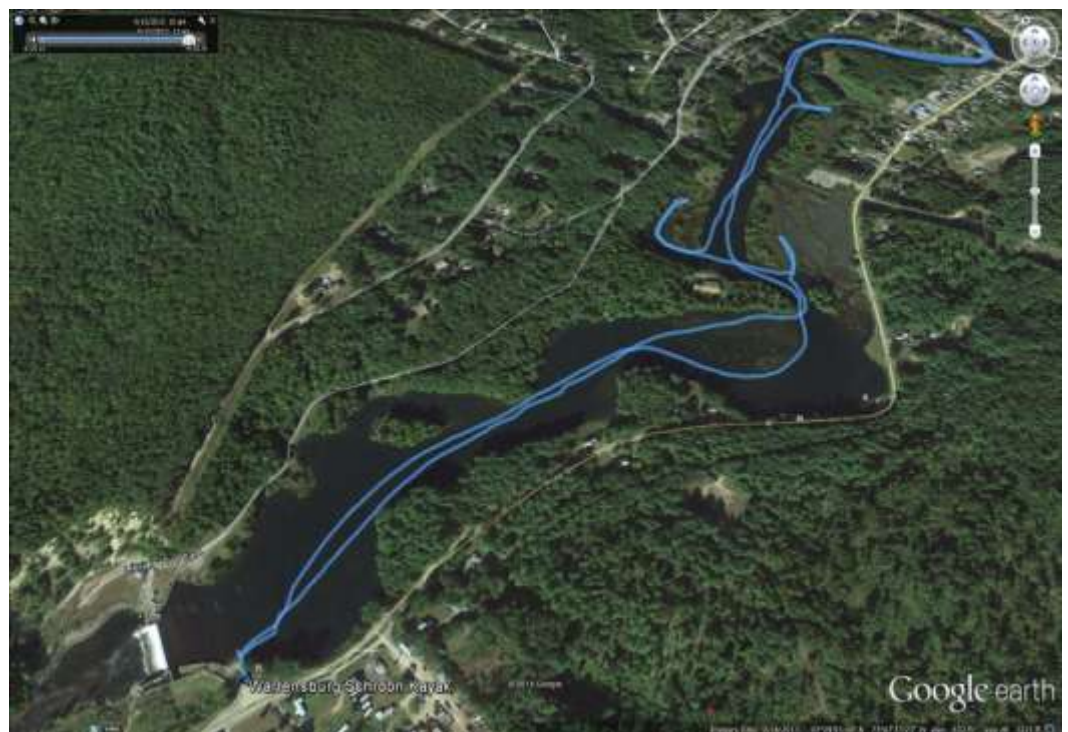
Lean-to conditions: _____

Other: _____

Please mail your report to:
Pharaoh Lake Wilderness Area
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, NY 12801

The image of the GPS track for the Schroon River kayak trip that is shown in Google Earth.

The distance was 3.4 miles with an average moving speed of 1.7 mph.



Outings and Programs Schedule

See adk-gfs.org website for latest calendar

Date	Day	Type	Destination	Leader(s)	Rating
November					
2	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
4	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
7	Sat	Hike	Hike around the lake at Moreau	Reg Prouty	C
7	Sat	Other	ADK HQ workday	Maureen Coutant	NR
8	Sun	Hike	Sleeping Beauty	Jack Whitney	B
10	Tue	Walk	Tuesday Walk	Maureen Coutant	C
14	Sat	Hike	Rush Pond Trails	Reg Prouty	C+
17	Tue	Hike	Tuesday hike	Maureen Coutant	B-
18	Wed	Program	'The Mountains are Beautiful...Everywhere' a program presented by Alan Via	Sarah King	NR
21	Sat	Hike/Snowshoe	Hopkins Mt.	Bill Morse	B+
24	Tue	Walk	Tuesday walk	Maureen Coutant	C
26	Thu	Hike	Turkey Trot 17 Saratoga Battlefield Hike	Rich Crammond	C+
December					
1	Tue	Hike	Tuesday Hike	Maureen Coutant	B-
2	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
7	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
8	Tue	Walk	Tuesday Walk	Maureen Coutant	C
12	Sat	Hike/Snowshoe	Wilton Wildlife Park Hike/Snowshoe	Rich Crammond	C+
13	Sun	Hike/Snowshoe	Mt. Van Hoevenberg Photo hike	Jack Whitney	B
15	Tue	Hike	Tuesday Hike	Maureen Coutant	B-
19	Sat	Hike/Snowshoe	Solstice hike/snowshoe in Moreau State Park	Bill Schwarz	B
22	Tue	Walk	Annual Cookie and Cocoa walk	Maureen Coutant	C
27	Sun	Hike/Snowshoe	Rocky Ridge Peak	Bill Morse	A++
29	Tue	Hike	Tuesday hike	Maureen Coutant	B-
January					
1	Fri	Hike/Snowshoe	Annual New Years Day Hike	Reg Prouty, Bob Aspholm	B
1	Fri	Hike/Snowshoe	Cat Mt.	Jack Whitney	B
1	Fri	Other	Whiteface Mountain	Steve Mackey	B+
4	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
5	Tue	Walk	Tuesday walk	Maureen Coutant	C
6	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
9	Sat	Hike/Snowshoe	Upper Wolf Jaw	Bill Morse	A
12	Tue	Hike/Snowshoe	Tuesday hike	Maureen Coutant	B-
19	Tue	Walk/Ski/Snowshoe	Tuesday walk/ski?	Maureen Coutant	C
23	Sat	Hike/Snowshoe	Hudson Crossing / Happy New Year Outing	Rich Crammond	C
24	Sun	Hike/Ski	Pyramid & Gothics	Steve Mackey	A+
26	Tue	Hike/Snowshoe	Tuesday hike	Maureen Coutant	B-

Outings Detail

MONDAY MONTHLY GEOCACHE

Mon, Nov 2, 2015, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 518-745-7834 or mojom@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, Nov 4, 2015, 7:00 pm, Rating: NR
Laura Fiske - lheacox@nycap.rr.com
- Board meeting at Carl R's Exit 18

HIKE AROUND THE LAKE AT MOREAU

Sat, Nov 7, 2015, 10:00 am, Rating: C
Reg Prouty - 518-747-9736
- We will take a nice walk around the lake and stop at the beach for a Fall picnic for lunch. Pace will be leisurely as my foot is still getting back to normal. Distance is less than two miles.

ADK HQ WORKDAY - RESCHEDULED from 10/17

Sat, Nov. 7, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojom@roadrunner.com
- Come join fellow ADKers to clean up and get the ADK HQ property off Exit 21 ready for the winter! Food provided! I'll be there at 9, pizza at noon, usually done by 2. Followed by a walk/hike nearby for any who still have time and energy!

SLEEPING BEAUTY - [Hike]

Sun, Nov 8, 2015, 8:30 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- Great views from this summit on the east side of Lake George. We will hike down to Bumps Pond. Round trip about five to six miles. Call or e-mail leader for details.

TUESDAY WALK

Tue, Nov 10, 2015, 9:30 am, Rating: C
Maureen Coutant - 745-7834, mojom@roadrunner.com
- This is the beginning of my Tuesday outings for the Nov-May or June season. I try to break it up between easy walks and medium hikes and once the snow comes between snowhoing and XC skiing. It's hard to say in advance what the conditions will allow, so check the website or check in with me a couple of days before the outing to find out what exactly is planned. But, on this day I have a Dr. appt at 1pm, so I'm going to start out with an easy walk along the Harry Betar Trail in SGF. We're meeting at the park with the gazebo at 9:30! Hope the weather is nice!

RUSH POND TRAILS - [Hike]

Sat, Nov 14, 2015, 10:00 am, Rating: C+
Reg Prouty - 518-747-9736
- This will be a 3-4 mile hike into the new trail system that essentially follows the outline of Rush Pond near the Gurney Lane (Exit 20) Northway exit. It is mostly easy grades and well defined trails. Pace will be leisurely.

TUESDAY HIKE

Tue, Nov 17, 2015, time TBD, Rating: B-
Maureen Coutant - 745-7834, mojom@roadrunner.com
- This week we'll be doing a short hike somewhere within an hour of Glens Falls. Could be Cat Mtn? Maybe Moxham? Call or email for details a couple of days before the trip.

'THE MOUNTAINS ARE BEAUTIFUL...EVERYWHERE' A PROGRAM PRESENTED BY ALAN VIA

Wed, Nov 18, 2015, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- Alan Via will present his new program, 'The Mountains are Beautiful...Everywhere' on Nov. 18th at Saratoga Springs Public Library. It's a tour of the best of the ADKs, Catskills, Green and White Mtns, Utah, AZ, CO, and Sierras.

HOPKINS MT. - [Hike/Snowshoe]

Sat, Nov 21, 2015, 7:30 am, Rating: B+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- This is a shorter hike with good views. Round trip is 6.4 miles with 2,100 feet of elevation gain. Depending on snow this will be a hike or snowshoe. Even if there is no snow bring microspikes just in case. Meeting at 7:30AM at Exit 29. Leader may bring dog.

TUESDAY WALK

Tue, Nov 24, 2015, time TBD, Rating: C
Maureen Coutant - 745-7834, mojom@roadrunner.com
- A couple of days before Tday! I'm guessing I won't have a lot of time to do a hike, but can probably fit in a walk! I'm thinking maybe a loop around Moreau State Park or along the Feeder Canal? Check in a couple of days before to find out what I decide.

TURKEY TROT 17 SARATOGA BATTLEFIELD HIKE

Thu, Nov 26, 2015, 8:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Another holiday hunger workout with around five miles of hiking for this morning outing. Cameras, field glasses, and warm clothing will be good to have with you. Meeting place: Visitors parking lot off Route 32, Stillwater. Happy Thanksgiving to all.

TUESDAY HIKE

Tue, Dec 1, 2015, time TBD, Rating: B-
Maureen Coutant - 745-7834, mojom@roadrunner.com
- If the conditions allow...I hope to get out on a short hike in the area around Lake George or possibly over to Hadley? Call or email a couple days before to find out!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Dec 2, 2015, 7:00 pm, Rating: NR
Laura Fiske - lheacox@nycap.rr.com
- Board meeting at Saratoga-Wesley Health Center; annual pot luck.

MONDAY MONTHLY GEOCACHE

Mon, Dec 7, 2015, 9:00 am, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 518-745-7834 or mojom@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 WALK

Tue, Dec 8, 2015, time TBD, Rating: C
Maureen Coutant - 745-7834, mojom@roadrunner.com
- This week we have a Geocache outing on Monday...so I'm just going to do a short walk in the GF area on Tuesday. We'll go to one of the spots we haven't been to yet this season...Hudson Pointe Preserve? Gurney Lane? another section of the Feeder Canal? Call or email Sunday or Monday to find out.

Outings Detail

WILTON WILDLIFE PARK HIKE/SNOWSHOE

Sat, Dec 12, 2015, 10:00 am, Rating: C+
Rich Crammond - 584-2380

- This will be approximately three miles of hiking or snowshoeing in a nice place for this holiday time outing. We will go by the old fire tower, also. Meeting place: Wilton Wildlife parking lot off Route 50 and Scout Road, Wilton. Bring your snowshoes and cold weather gear. Happy Holidays from Rich!

MT. VAN HOEVENBERG PHOTO HIKE

Sun, Dec 13, 2015, 8:30 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com

- Starting from South Meadows we will hike to the beaver pond and then up to the summit. Views of the high peaks from the summit. Round trip around four to five miles. Call or e-mail leader for details.

TUESDAY HIKE

Tue, Dec 15, 2015, time TBD, Rating: B-
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This week I plan to do a local hike if the weather allows...Berry Pond? Lake Ann? Prospect? Call or email a couple of days ahead to find out what looks good that week!

SOLSTICE HIKE/SNOWSHOE IN MOREAU STATE PARK

Sat, Dec 19, 2015, 8:00 am, Rating: B
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- Moreau Lake State Park has a network of trails on its Palmerton Ridge, and we'll explore six miles worth of them, including an overlook of the Hudson River dam. This is usually a hike this time of year, but snowfall will mean snowshoeing early! There will be plenty of short ups and downs; bring your sense of adventure, plus water, lunch, and maybe handwarmers. Day-of precipitation cancels. Leader will advise if snowshoes are necessary. Contact leader by Thursday 10 pm.

ANNUAL COOKIE AND COCOA WALK

Tue, Dec 22, 2015, 9:30 am, Rating: C
Maureen Coutant - 745-7834, mojim@roadrunner.com
- The Tuesday before Christmas is our annual walk around Moreau State Park and wind up in the Warming Hut for Cocoa and Cookies...or whatever anyone brings to share with the group! It's always a good time. Hope you can make it!

ROCKY RIDGE PEAK - [Hike/Snowshoe]

Sun, Dec 27, 2015, 7:00 am, Rating: A++
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- Hiking the East Trail from New Russia, Rocky Peak is 6.7 miles from the trailhead, making the round trip 13.4 miles with 4,700 feet of elevation gain. Hopefully the trail is broken out. If not be prepared to take turns breaking trail. Leader takes only short breaks, no more than 10-15 minutes, because you get cold standing around. Meeting at 7AM at exit 29.

TUESDAY HIKE

Tue, Dec 29, 2015, time TBD, Rating: B-
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This is school break week...so I'm not positive what the plan will be! I'll try to do something kid friendly! Check the website or call for more info as it gets closer!

ANNUAL NEW YEARS DAY HIKE

Fri, Jan 1, 2016, 9:00 am, Rating: B
Reg Prouty - 518-747-9736
Colead: Bob Aspholm - 518-683-4970

- The exact route and destination will be determined later but will probably be Buck Mountain on the East side of Lake George.

CAT MT. - [Hike/Snowshoe]

Fri, Jan 1, 2016, 9:00 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- A shorter local hike for the first day of the year if you received snow shoes for Christmas or just want to hike. Beginners and all are welcome.

WHITEFACE MOUNTAIN - [Other]

Fri, Jan 1, 2016, 8:00 am, Rating: B+
Steve Mackey - 793-6484, smackey33@verizon.net
- This used to be an annual trip led by John Schneider. We haven't done it in a few years, so I'll see if we can get it going again. Depending on conditions, we will either hike, ski, or sled. Our first choice is to hike up, and sled down. We use those flexible flyers that steer. We possibly have a couple extra sleds if you don't own one. We don't normally go all the way to the castle unless someone needs Whiteface in winter. We usually start down from the high turn. We probably won't know what conditions are until we actually get there, so it will pay to bring lots of different gear. We almost never need snowshoes, because the weather station guys ride their snowmobiles up and break trail. If we have lots of snow, cross country skis are probably our best bet.

MONDAY MONTHLY GEOCACHE

Mon, Jan 4, 2016, 9:00 am, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - *518-745-78343
or mojim@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. 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 WALK

Tue, Jan 5, 2016, time TBD, Rating: C
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This week we'll be doing a walk or snowshoe? if we have snow!! Call or email Sunday or Monday to find out.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Jan 6, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Board meeting at Carl R's Exit 18

UPPER WOLF JAW - [Hike/Snowshoe]

Sat, Jan 9, 2016, 7:00 am, Rating: A
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- Upper Wolf Jaw via the Ausable Club and the Wedge Brook Trail. Total distance is about 10.5 miles with an elevation gain of 2,800+. Leader takes only short breaks to avoid freezing up. If trail is not broken be prepared to take turns breaking trail. Meeting 7AM at Exit 29.

TUESDAY HIKE

Tue, Jan 12, 2016, time TBD, Rating: B-
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This week we'll try to do something with a little elevation depending on the conditions...will we have snow? Call or email a couple of days ahead to find out the plan!

Outings Detail

TUESDAY WALK/SKI?

Tue, Jan 19, 2016, time TBD, Rating: C

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

- Hopefully we'll have snow and can go down to the Wilton Wildlife Preserve to do some XC skiing...or maybe over to Coles Woods. Call or email Sunday or Monday to get the plan!

HUDSON CROSSING / HAPPY NEW YEAR OUTING - [Hike/Snowshoe]

Sat, Jan 23, 2016, 9:00 am, Rating: C

Rich Crammond - 584-2380

- This was a neat little outing last year so let's do it again and hope for good weather. It's around two miles up and back down the west shore of the Hudson River, Lock 5 Schuylerville area. We'll look for eagles along the way. Bring your field glasses and warm clothes. Meeting place: Hudson Crossing parking lot / Lock 5 Schuylerville area.

PYRAMID & GOTHICS - [Hike/Ski]

Sun, Jan 24, 2016, 6:30 am, Rating: A+

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

- I've led this several of the past few winters. We will ski down the Ausable Road and then switch to snowshoes for the climb. The ski in is gently uphill, so the real fun is on the way out. The upper part of Pyramid is very steep. It is not scary, but it is hard. Last year we used those little plastic sleds on the steep descent, and had a wild ride. The winter views from both Pyramid and Gothics are spectacular.

TUESDAY HIKE

Tue, Jan 26, 2016, time TBD, Rating: B-

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

- We'll snowshoe or hike a small mountain

Trip Reviews

Tuesday Paddle Tue, Aug 4, 2015, Maureen Coutant

- Although we've paddled this favorite section of the Hudson many times before...the Spier Falls section never looked like this! All season the water on the Hudson was high, so it was somewhat of a surprise to get to the launch and have the water 5-8 feet lower than normal! I say somewhat, since Marjory had seen a notice in the paper and warned me earlier that day that they were doing work on the dam and had lowered the water level. We went anyway to see if we could get into the cove area on the south side of the island above the Horseshoe Dam. We just barely could...it was strange to see the rocks so exposed. Good thing it's a big river or we wouldn't have been able to paddle!! So almost as cool as the weird water level was the weird foldup kayak that Robin brought!! See pictures on the website. I'd just heard about these, and then someone brought one. Talk about portability! Fold it up and stick it in the back seat with room to spare, so cool. Participants: Stewart Brown, Mo Coutant, Bill Glendenning, Mark Janey, Licia Mackey, George Sammons, Janet Twardzik, Robin Vernuva and Robin's friend (I can't read his handwriting...Field? Kjeld?), Donna & Mitch Zimmer.

Flowed Lands and Hanging Spear Falls Sat, Aug 15, 2015, Rich Crammond

- Another great day in the Adirondacks; well close to it anyway. The trip leader had this hike at between 10 and 11 miles round trip and hiking bud's Jim's GPS said 12.5 miles round trip so I guess I was a little short. EEKS again! We got our money's worth, so to speak, there. Highlights of this outing were great views from Flowed Lands, a super nice waterfall, a great group of folks to hike along with and a heavy downpour on the way out but no close lightning strikes plus no mishaps. Works for me! A rugged group for sure. Participants: Jim Fwynenburg, Mark Passa, Mark Janey, Tia Migliaco, Rich Crammond.

Tuesday Paddle Tue, Aug 18, 2015, Maureen Coutant

- This week we went up to Lake Abanakee to paddle around on a hot summer day. We knew it was going to be hot, so most of us wore our bathing suits and cooled off with a little swim on our way back to the launch site. It felt great!! The other highlight from the paddle was our close encounters with a pair of loons. One swam almost under Laurie's kayak! It was a great trip! Participants: Jim & Mo Coutant, Mark Janey, Laurie LaFond, Licia & Steve Mackey, Bob Moore, Lynne Silverberg.

Snowy Mountain Sat, Aug 29, 2015, Steve Mackey

- We got our wish for good weather. We had a beautiful clear day. We had fun figuring out all the mountains around us. We could see the high peaks to the north. There was a cliff to the west that I wasn't aware of, and there wasn't any sign of 'man' for as far as you could see. I remember Snowy being steep near the end, and that sure was true. The tower is in good shape, though there is no glass left. There were plenty of other hikers on the trail. Participants: Donna Williams, Ingrid Wilke, Laura Fiske, Kim Brown, Lauren Rabideau, Steve & Licia Mackey.

Wright, Algonquin and Iroquois Sun, Aug 30, 2015, Wayne Richter

- This was a fine day to hike Wright, Algonquin and Iroquois. Stephen was particularly interested in the plane crash on Wright, and we were fortunate enough to encounter a summit steward on his way up to Algonquin who gave us a pretty good description of what to look for. After some time on the summit, we went down towards the plaque commemorating the crash and found a number of the pieces of the wreckage. We then moved on to Algonquin for a brief stop before heading over to Iroquois where we enjoyed the sun and views for quite a while. After another stop on Algonquin on the way back, we headed for the parking lot and home. Participants: Joe Babcock, Greg Braggin, Helen Hokula, Svitozar Fokshey, Stephen Longmire, Remus Preda, Wayne Richter, Erin Roberts, Mark Seymour, Akane Suzuki and Mona Wachtel.

Tuesday Paddle Tue, Sep 1, 2015, Maureen Coutant

- This Tuesday evening we launched along the Hudson River between Corinth and Hadley. We headed north towards Hadley and had a nice picnic on the rocks just below Rockwell Falls and the Hadley bridge. Even though the calendar said September, it was still a warm evening and a few of us went for a swim off the rocks. Then we had a nice easy paddle back down the river to the launch site. It was a great evening out! Participants: Mo Coutant, Mark Janey, Licia Mackey, Jane Morrissey, George Sammons, Eileen & John Schneider, Howard & Lynne Silverberg, Don Thorn.

Haystack Sat, Sep 12, 2015, Wayne Richter

- With a forecast of increasing clouds and likelihood of rain, we hoped for the best. Fortune smiled on us as we got some of the last few spaces in the Garden. Soon on the trail, we made the

planned rendezvous with Mary at Johns Brook Lodge. Our full group assembled, we passed by Bushnell Falls and enjoyed a rest at Slant Rock. Next was the big climb of the day. With dry conditions, it went quickly enough, and we soon assembled on the open rock view just before the drop to the base of Little Haystack. We had beaten the clouds and had a splendid view of the summit yet to come. We got to the top of Haystack in time for lunch, and enjoyed the views and company of other hikers, as well as a very cute little dog. With over half the group on Haystack for the first time, we were more than pleased to be well below the clouds and even have a few pokes of sunshine on the summit. All too soon, though, we had to head back. A bit of rain beginning near Bushnell Falls was no bother, and we finished well before dark. Participants: Joe Babcock, Eric Kimmelman, Chris Lincoln, Brenda Lennon, Mary Ruth Merkel, Helena Nevarez, Wayne Richter, Mark Seymour, Akane Suzuki, Sue Thompson and David White.

Moxham Mountain Sat, Sep 12, 2015, Rich Crammond

- This outing had its ups and downs, but mostly ups. One part of the hike was being with folks who enjoy being out there as much as myself and also enjoyed the great view from the summit. The down side of this trip was the 'ground bees' (yellow jackets) along the trail in two spots! And they proved to be quite nasty indeed! Thanks again, Steve, for putting orange tape on sticks to show where the ground nest was close by on the trail. Highlights of this outing were great views, great hiking buds, a great day with much needed rain at the end of the hike, and having Benadryl and an EpiPen with us - 'you never know when one might need them!' (though, fortunately, we did not need the EpiPen). Participants: Steve Mackey, Licia Mackey, Peter Bishop, Chuck Dollin, Rich Crammond.

Monthly Monday Geocache Mon, Sep 14, 2015, Sarah King

- This month we hiked up part of the Schaefer Trail which starts from the parking lot of the Ski Bowl. We followed the trail up the mountain along a beautiful stream with little waterfalls. There were 4 or 5 geocaches to stop and look for along the way which helps break up the hike and give us a break. We were all surprised at how beautiful the trail up the mountain was and how lucky we were to be out on such a beautiful day. We didn't climb to the top of the mountain, so we'll have to go back another day! Participants: Mo Coutant, Todd Earl, Sarah King, Licia Mackey, Don Thorn.

Tuesday Paddle Tue, Sep 15, 2015, Maureen Coutant

- This week we explored a section of the Schroon River not far from where it empties into the Hudson on the west side of Warrensburg. The river had little bays to explore, an island to paddle around, a bridge or two? to paddle under and finally you get to some rocks and rapids that force you to return to the dam that we launched above. It was another beautiful September day, so we ended by meeting for lunch at a park along the Schroon River right in the middle of Wsbg. Great morning out! Participants: Mo Coutant, Sarah King, Licia Mackey, Jane Morrissey, Liz Mulshine, Joy Munro, Cory Rinella, George Sammons, Lynne Silverberg, Bill Thomas & Alma.

Botheration Pond Loop Sun, Sep 20, 2015, Bill Schwarz

- Seven of us--5 soon-to-be members--had a great fall day in North River hiking the 6-mile Botheration loop trail, a new experience for most. The group kept a comparable, comfortable pace to get views of Blake and Botheration Ponds. There was a scenic lunch stop on rocks along a branch of Sacandaga Creek. A toadally awesome day (okay, some of the critters we saw

were frogs instead)! Participants: Naomi and Jeffrey Allen, Karen and Aryeh Alpern, Jim Brown, Bob Garabedian, Bill Schwarz.

Indian Head and Fish Hawk cliffs Tue, Sep 22, 2015, Maureen Coutant

- Ok...so I remembered it was a nice hike and view, but it was even better than I remembered! It's nice when that happens! I didn't oversell it. Everything was great. The walk along Gill Brook, the view from Indian Head and Fish Hawk Cliffs, finding the hikers we briefly lost, and then the view from the dam at the lake, the beautiful blue sky with puffy clouds, and finally the view of Rainbow Falls! The only thing that would have made it a little better was a little more fall color, but no one was complaining - that would have just been silly! Participants: Jim Brown, Karen Burka, Mo Coutant, John Devine, Liz Gee, Dan & Charlene Kane, Andy Lucia, Licia & Steve Mackey, Jane Morrissey, Liz Mulshine, Kathy Noble, Christy Phelan, Lynne Silverberg.

So can you see why they call it Indian Head???



Photo credit: John Devine

See the Chapter photo gallery
for more trip photos
www.adk-gfs.org

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 STRET. 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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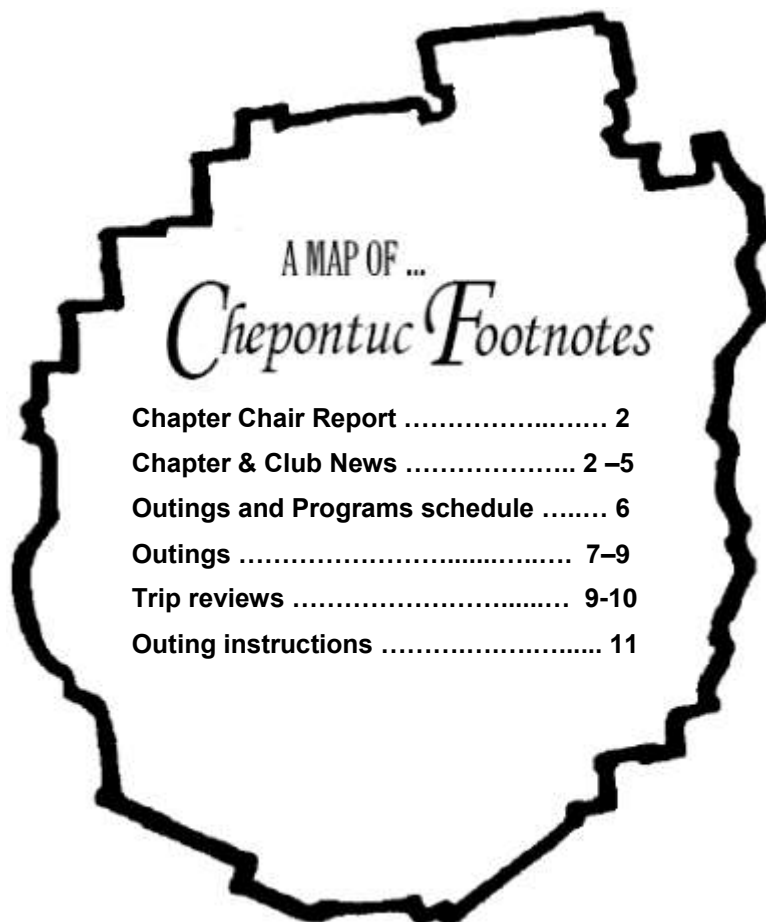
Are you moving?

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 membership!