



Chepontuc Footnotes

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

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

Snow or No Snow?

That is the question! At least as we work on this newsletter on an almost 60 degree DECEMBER day! For those who are happy not to be slipping and sliding, we hope to see you at some programs or at the Banff Film Fest! For those who are hoping to try snowshoeing, remember we rent snowshoes for you to try it out (see below). For the more adventurous, see page 7 for info on the **Winter Mountaineering course taught at the Adirondack Loj or ADK's Winterfest on January 9th.**

Bike the USA! Presented by Rich Vertigan

In the summer of 2010, Rich Vertigan bicycled from Seaside, OR, to Rehoboth Beach, DE, a journey of over 4,000 miles and 3 months on the road. Along the way, he saw America's small towns and people up close, enjoyed their hospitality, climbed mountains, and followed rivers as he pedaled his way across the country.

Come join us as Rich presents a slide show of his experiences on the road and the scenic wonders that he found along the way.



Wed. Jan 20

7 pm

Saratoga Springs Public Library

When (IF??) 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

Signing On

By John Caffry, Chapter Chair

In my first Chapter Chair Report for *Chepontuc Footnotes*, I want to thank Laura Fiske for the exemplary job she did as Chapter Chair for the last three years. She leaves the Chapter in very good shape, as the second largest chapter in ADK (or the largest, depending on how you count that).

Laura will be a tough act for me to follow.

Conservation Committee:

After many years of able leadership of the Conservation Committee, Jacki Bave has stepped down from that position. As reported elsewhere in this newsletter, one of the issues that she worked on for many years, the reopening of the Spruce Mountain fire tower, has finally come to fruition. As also reported elsewhere, the Chapter is continuing its decades-long effort to protect the Big Cedar Swamp in Queensbury. Jacki has been succeeded as Conservation Chair by Aimee Rutledge. Anyone interested in becoming a part of this committee should contact Aimee.

Outings: As any reader of this newsletter can see, the Outings Committee does a great job of-

fering a busy year-round schedule of hikes, paddles, and ski and snowshoe trips. However, in recent years, there have been few, if any, overnight outings. While the reasons are unclear, if there is enough interest from our members, that could be changed. If anyone is interested in either leading, or going on, such trips, contact Outings Chair Wayne Richter.



Volunteers: Many of our committees could use more volunteers. If you are interested in helping out, go to www.adk-gfs.org/forms/volunteer.request.pdf and complete a Volunteer Request Form. We are also looking for new Chapter leaders to fill vacancies in the offices of First Vice-Chair and Second Vice-Chair, and chairpersons for the Newsletter, Publicity, and Younger Members Committees. These people would become members of the Executive Committee, which meets ten times a year in Saratoga Springs and Queensbury, and have various other duties. Anyone who is interested in learning more about any one of these jobs should contact me.

Thanks Laura!

Spruce Mtn is open!

Volunteers welcome!

Thanks to all!

Thanks to the following outgoing Executive Committee members. These folks have served on the Executive Committee and left the committee in 2015. A special thanks goes Jacki Bave and Maureen Coutant, who have been involved with the Executive Committee for decades. But, don't worry, they are still helping the chapter behind the scenes.

Maureen Coutant – Past Chapter Chair Jacki Bave – Conservation Committee Chair
Heather Webb – Young Member Group Committee Chair

Chepontuc Footnotes

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

Executive Committee Officers:

Chapter Chair **John Caffry**
Phone: 798-0624 chapterchair@adk-gfs.org

First & Second Vice Chair vacant ***

Secretary **Kathi Noble**
Phone: 668-3046 secretary@adk-gfs.org

Treasurer **Steve Mackey**
Phone: 793-6484 treasurer@adk-gfs.org

Directors: director@adk-gfs.org
Phone: 692-8579 **Tammara Van Ryn**
Bill Wasilowski

Past Chapter Chair:

Laura Fiske
Phone: 884-0345 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: 813-7946 membership@adk-gfs.org

Newsletter/Editor ***vacant ***
Send items to: newsletter@adk-gfs.org

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

Programs **Sarah King**
Phone: 798-0615 programs@adk-gfs.org
Annual Dinner 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! ***

Non-Voting Volunteers:

Fire Tower Correspondents
Phone: 668-3046 **Kathi & Tim Noble**

Mark your calendar for these ADK Chapter Programs!
See you there!

Wednesday, Feb. 17th at 7pm at Crandall Library, GF



“Mother Nature’s Riverside Garden” presented by local botanist Jackie Donnelly

Joint Program with South Adirondack Audubon Society

Jackie Donnelly is a nature writer/photographer who has spent nearly 25 years exploring the upper Hudson River in her small, lightweight canoe. A longtime resident of Saratoga Springs, she writes about her adventures on the Hudson and elsewhere throughout the North Country in her blog "Saratoga Woods and Waterways."

In her talk, "Mother Nature's Riverside Garden: Wildflowers of the Upper Hudson River," Jackie will explore four distinct areas of this magnificent river, stretching from the Ice Meadows north of Warrensburg to the quiet backwaters above the dam at Glens Falls. Through numerous photographs and informed commentary, she will reveal the amazing abundance and diversity of beautiful plants that thrive in this riverbank habitat. *Please do your best to avoid wearing fragranced products to the program, as they can trigger allergies and migraines in others.*

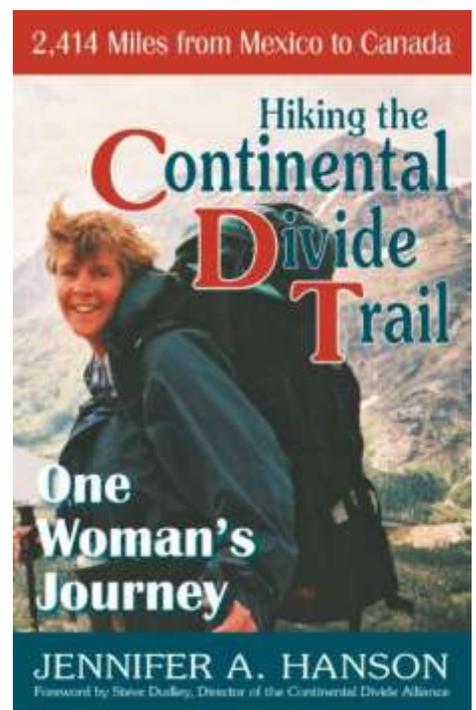
Wednesday, March 30th 7pm at Crandall Library, GF

Hiking the Continental Divide Trail: One Woman’s Journey presented by local hiker and author, Jennifer Hanson

Jennifer Hanson will share the tale of her 2,400-mile six-month backpacking trip from Mexico to Canada along the Continental Divide National Scenic Trail (CDT). Using excerpts from her book *Hiking the Continental Divide Trail: One Woman’s Journey* and a slide-show of dozens of photographs, Jennifer will share the challenges and thrills of long-distance hiking.

The journey included trekking through arid ranchland, desert forests, and Indian reservations in New Mexico; the Bob Marshall Wilderness Area and Glacier National Park in Montana; the remote and rugged Bitterroot Range of Idaho/Montana; the Wind River Range and Teton National Forest in Wyoming; and hundreds of miles snowshoeing through the Rocky Mountains of Colorado.

Jennifer’s book and presentation will also discuss the planning and preparation required for such an endeavor including map lists, detailed itinerary with re-supply points, equipment and food lists, and a suggested preparation time-line.



LOBBY DAY 2016**Volunteers Needed!**

Lobby Day for the Environmental Protection Fund (EPF) is February 24, 2016 in Albany. Created in 1993, the EPF is the state's dedicated source of funding for capital programs that protect natural resources, open space and farmland, water quality, invasive species control and much more. Our goal is to increase funding for the EPF to \$300 million to support projects and programs, such as land conservation and hiking and paddling in the Adirondack and Catskill Parks (Essex Chain Lakes, trail building, Northville-Placid Trail, Summit Steward Program, etc.). Participants will meet up with a team and a leader to visit legislative offices and talk to legislators and their staff about the importance of increasing the EPF to help support these important programs. If you are interested in participating in Lobby Day contact Cathy Pedler at ADK or go online to sign-up at <http://ow.ly/Vi5sP>

SPRUCE MOUNTAIN FIRE TOWER

On October 7, 2015, the NYS Department of Environmental Conservation (DEC) held a celebration for a long awaited opening of Spruce Mountain's new trail and rehabilitated fire tower. The "unlacing" ceremony took place at the bottom of the fire tower with two hiking shoes cleverly tied together across the first set of stairs. The DEC Region 5 Director, Bob Stegemann, Neil Woodworth of ADK and other involved partners untied the shoelaces to make it official.



The new trail and fire tower rehabilitation were made possible through the hard work and dedication of many partners over many years. The DEC worked closely with Saratoga Preserving Land and Nature (PLAN), Adirondack Mountain Club, Town of Corinth, and countless others, including fire tower organizations. NY's Environmental Protection Fund provided \$25,000 for the trail maintenance and fire tower rehabilitation. The 73 foot fire tower, built in 1928, was restored with the help of the Student Conservation Association (SCA) Adirondack members and the DEC. Recently, the ADK Professional Trail Crew completed a reroute of the trail from private land onto the Forest Preserve's Wilcox Lake Wild Forest and Saratoga PLAN property.

In accordance with a conservation easement agreement for the private land the trail crosses, the trail is closed to public use during the big game hunting season, which typically takes place from the end of October to the first Monday in December.

The Spruce Mountain trailhead parking area is located at the end of Fire Tower Road in the hamlet of South Corinth.

BOREAS PONDS TRACT

ADK has joined other environmental groups to urge Governor Cuomo to expand the High Peaks Wilderness area to include the 21,000 acre Boreas Ponds Tract. The former Finch, Pruyn & Company property was recently purchased by the Nature Conservancy and the state is expected to acquire the land by the end of the fiscal year on March 31, 2016. The addition of the Boreas Ponds Tract, along with other recent state purchases, to the High Peaks Wilderness would create a 280,000 acre Wilderness Area, larger than the Rocky Mountain National Park or Mount Rainier National Park. ADK is lobbying for classification of the area as “wilderness” which protects and preserves the lands in their wild state. ADK is also proposing that the plan permit a snowmobile trail “to be constructed to connect the hamlets of Newcomb and North Hudson along the Blue Ridge Road.” Neil Woodworth recently stated that “The Boreas Ponds must be protected inside a motor-free wilderness to preserve water quality, a fishery free of the threat of aquatic invasive species, and a rare opportunity for solitude and quiet.” More information and an ADK Action Alert is available at ADK.org.

ESSEX CHAIN PLAN

In November, the Adirondack Park Agency (APA) approved a controversial management plan for the Essex Chain Lakes region on land formerly owned by Finch, Pruyn & Company. There has been much controversy over proposed recreational uses of the land, including the recent decision to retain an iron (Polaris) bridge over the Hudson River for a future snowmobile trail. The Hudson River in that area is classified as a Scenic River, which according to regulations does not allow motorized vehicles. However, the DEC states motorized use on the bridge predates the law and can be grandfathered. In August, the ADK and other groups asked the APA to support a wilderness classification, limiting motorized uses, as the best choice for long-term natural resource protection for these extraordinary lands, providing a wide variety of public access opportunities, and for preserving a wilderness outdoor recreational experience. Environmental groups worry the grandfathering concept could set a dangerous precedent for future land acquisitions in the Adirondack Park. Additional information on the Essex Chain Lakes is available at ADK.org. Stay tuned...

Fire Tower Challenge News***By Kathi & Tim Noble***

Need a reason to hike? Do what the Tupper Lake High School Class of 1973 is doing. On their 40th reunion to prove that they aren't “over the hill” they have taken on the challenge and are calling themselves the Junior Rangers. Several of them have completed the challenge!

Don't forget to be working on your Winter Rocker! Hike the tower trails from December 21st to March 21st to earn a winter rocker.

Congratulations to the following people! They have recently received their patches for completing the Fire Tower Challenge:

Claire Holloway Amsterdam, NY age 14
 Fransje Holloway Amsterdam, NY
 Dan Quinlan, Jericho, VT
 Gudrun Quinlan, Jericho, VT
 Sue Jordon Albany, NY
 Debra LaVigne Tupper Lake, NY
 John Quinn Tupper Lake, NY
 Nathan Child Albany, NY
 Scott Gundrum Averill Park, NY
 Scotty Gundrum Averill Park, NY
 Paul M. Quinn Old Forge, NY
 Jane R. Quinn Old Forge, NY
 Will Roden Apalachin, NY

MaryAnn Cascarino Apalachin, NY
 Dianna Morris Utica, NY
 John Krzeminski Utica, NY
 Andy McGuffey Ballston Lake, NY
 Elizabeth Lansing Schenectady, NY
 Todd Anderson Schenectady, NY
 Janice Varden Puyallup, WA
 Jeffery Hart St. Johnsville, NY
 BrieAnne Wilson Watervliet, NY
 Jeff Glans Trumbull, CT
 Louise Perkins Trumbull, CT
 Levi Sanders St. Johnsville, NY



Education Corner

The deadline for applications for applicants to sponsor for the environmental education camps has passed!

If you forgot to get your application in, there may still be time. Maybe!

Sometimes the deadline gets extended, so call Linda Ranado today (696-7265) to see if there are any spots left and if the deadline has in fact passed!

Find out how the Chapter works!

Upcoming Executive Committee meetings:

Jan 6 @ 7pm @ Carl Rs, Glens Falls

Feb 3 @ 7pm @ Wesley, Saratoga

Mar 2 @ 7pm @ Carl Rs, Glens Falls

Call or email the Chapter Chair for more info.



What app is that?

Sarah King, our GF-S ADK avid geocacher, recommends Avenza PDF maps. She uses it sometimes while geocaching or just out with her family visiting a National Park or a **new city. It's available for Apple or Androids.** Check it out!

Another ADKer, Tony, emailed to say, "I use the Alltrails app every time I go hiking. Great maps, easy to find trails w/descriptions -app is free, pro version does cost some, but is well worth it."

Thanks Sarah and Tony! Send an email to newsletter@adk-gfs.org to tell us what apps you think other ADKrs would like to try!

Banff Mountain Film Festival World Tour Skidmore College Saratoga Springs, NY Friday, February 19th

Presented by the Skidmore College Outing Club
banffcentre.ca/banff-mountain-film-festival-world-tour

This is not an ADK event, but many members usually attend. Amazing short films, giveaways, snacks, info, and a great time! We always leave feeling slug-like but inspired, wanting to travel, and thinking the people in the films are crazy!

For ticket info: mlittle@skidmore.edu (the show usually sells out)

Upcoming ADK Club events!



Heart Lake Program Center, Adirondack Loj, Lake Placid - 10AM to 8PM

Winter Trails Day is a nation-wide, family friendly event, allowing children and adults the opportunity to try snowshoeing and cross country skiing for free, with the goal of helping participants discover these winter sports and their many benefits. Approximately 11,000 participants in 100 locations will get out on the snow this year on January 9th, 2016 in the 21st annual Winter Trails Day event!

In 2016, ADK is hosting the 3rd annual WINTERFEST: A family friendly winter event at our Heart Lake Program Center in Lake Placid. This event aligns with ADK's mission of promoting protection and responsible recreational use of the New York State Forest Preserve, and other parks, wild lands, and waters. ADK invites you, your friends and your family to join us in celebrating Winter Trails Day and all the winter season has to offer. See you there!

Call 518-523-3441 for more information or preregister and download the 2016 schedule [online at adk.org](http://adk.org) (You can register the day of Winterfest).



ADK Winter Mountaineering School 2016

The 2016 winter mountaineering school will run from Thursday, **January 28th** through **Wednesday, February 3rd** out of the Adirondack Loj and offers a variety of courses, from day hikes to multi-night, advanced backpacking trips. These courses offer a comprehensive starting point for people just getting into winter hiking and are invaluable to anyone who aspires to lead snowshoeing or 'above tree-line' trips in the winter. All participants must be ADK members. For more information visit www.winterschool.org.



New Members Thank you for joining!!

SEPTEMBER 2015

Ann Alexander, Malta
Aryeh & Karen Alpern, Porter Corners
Ian Balczewski, Newburgh, Indiana
Gregg Blackburn, Clifton Park
Ellen Bombard, Gansevoort
Susanne Booth, Saxtons River, Vermont
Dave Bottiglieri, Gansevoort
Edward & Wendy Butz, Schenectady
Roberta & Kenneth Carey, Fayville, New York
Jack & Shelley Carter, Saratoga Springs
Lisa Cavi, Queensbury
Ann Crowell & Steve Shultz, Gansevoort
Karen, Paul, Amanda, Pauly & Nate Depew, Walden, New York
Lawrence Estill, Stillwater
Walter & Carol Folkl, Florida, New York
Paul Franckowiak, Laura & Samuel Dogias, Niskayuna
Mary Grueniger, Saratoga Springs
David Haight, Ballston Spa
Steve Heiple, Cohoes
Michael, Karen, Tyler & Preston Hickcox, Wilton
Victoria & Brian Holley, Schenectady
Matthew, Lisa & John Joslin, Johnsonville, New York
Justin, Marietta, Marilyn & Jonathan Juliano, Rexford
Dawn & Dennis Lajeunesse, Gansevoort
Michael Landor, Corinth
Ronda Marshall, Northville
Kenneth & Julie McPartlin, Hague
Justin Page, Ballston Spa
Ted Pannullo, Hewitt, New Jersey
James Pierson, Gansevoort
Chris & Linda Roe, Hadley
Angela Salerno, Jason & Anthony Halliday, Kattskill Bay
Jordan Stern, Ballston Spa
Mark Swanson & Lillian Spost, North Creek
Elizabeth Thompson, Lake George
Barbara Jan Trypaluk, Saratoga Springs
Terry Wespestad, Bolton Landing
Michael White, Julie & Eva Rodriguez, Saratoga Springs
Phillip & Susan Whittemore, Queensbury
Fred Willett, Burnt Hills

OCTOBER 2015

Lisa Davis, Glens Falls

William Haverinen, Queensbury
David Kelley, Saratoga Springs
Philip, Jenna, Tyler & Brynn London, Greenfield Center
Christopher & Maria Mangini, Porter Corners
Aaron Ogrodnik, Glens Falls
Mark Oliviere, Gansevoort
Scott, Leah & Olivia Pozder, Saratoga Springs
Barney Rubenstein & Sondra Scroggins, Shushan, New York
Erik Sointio, Queensbury
Debra Vunk, Middle Grove
Larry, Kim, Alayna & Tyler Weingartner, Gansevoort

Rejoined Members Thanks for renewing!

SEPTEMBER 2015

Matthew, Anita, Alec & Emma Chase, Queensbury
Kam Doetzer, Lake George
Deb Eichelberger, Corinth
Joseph, Melanie, Tyler, Adam & Zoe Fuerst, Lake Luzerne
Paul, Jeanmarie, Hannah & Sarah Gebhard, Saratoga Springs
Franz & Magali Haas, Corinth
Jacqueline, Keith & Christian Harris, Porter Corners
Robert, Diane & Steven Marzinsky, Gansevoort
Marcia, Dan, Kayla, Marlaina, Nathaniel & Ethan Murphy, Middle Grove
Eileen, Emmett & Siobhah O'Brien, Warwick, New York
Christy Phelan, Queensbury
John Schroeder & Judith Henrich, South Glens Falls
David, Amy, Coleman & Violet Smith, Saratoga Springs
Judith & David thomas, Queensbury
Kevin & Lisa Truax, Diamond Point
Nathan T. Whitney, Lake Luzerne

OCTOBER 2015

Michael, Carolyn, Sarah, Meghan & Ryan Bailey, Hudson Falls
Douglas Bischoff, Cambridge
Clemence D. Clancy, Diamond Point
Keith, Celeste, Ryan, Erin & Colin Davidson, Glens Falls
John Marcantonio, South Glens Falls
Jami Martin, Ticonderoga
David & Deenie Ruzow, Waccabuc, New York
Lynne, Howard, Josh & Elena Silverberg, Queensbury

To our new, rejoined, or current members! Thank you! We know many of you join to support all the conservation, advocacy, or trail work that the Club or Chapter do and we really appreciate that! But we'd also love to see you at an ADK Chapter Program. See Page 1 and 3 for upcoming interesting programs and mark your calendars. Hang out after and introduce yourself and enjoy a snack always provided by our hospitality chair. Or join us on an outing! We have a variety to choose from and try to schedule an outing almost every weekend. But all our outings are led by volunteers and we could always use more leaders so we can have more outings. Please call or email our Outings Chair (See Pg 2) if you have questions about outings or if you're interested in offering something new! That's what William Clarke did a few months ago and we have some XC ski trips to Brookhaven now on our calendar because he wanted to show people this great spot! Thanks Bill! **Thank you all for supporting ADK!**

Date	Day	Type	Destination	Leader(s)	Rating
January					
1	Fri	Hike/Snowshoe	Annual New Years Day hike up Buck Mountain	Reg Prouty, Bob Aspholm	B
1	Fri	Other	Whiteface Mountain	Steve Mackey	B+
3	Sun	Hike/Snowshoe	Thomas Mt.	Jack Whitney	B-
3	Sun	Ski	Skiing at Brookhaven Golf course	William Clarke	C
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
10	Sun	Hike/Snowshoe	Winter Saranac 6er Challenge McKenzie Mt.	Jack Whitney	B
12	Tue	Hike/Snowshoe	Tuesday hike	Maureen Coutant	B-
16	Sat	Ski	Ski Pack Forest	Bill Schwarz	B
17	Sun	Ski	Skiing at Brookhaven Golf Course	William Clarke	C
19	Tue	Walk/Ski/ Snowshoe	Tuesday walk/ski?	Maureen Coutant	C
20	Wed	Program	January Program	Sarah King	NR
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-
30	Sat	Walk/Ski/ Snowshoe	Traverse through Ski or Snowshoe of Rush Pond to Queensbury School Parking Lot	Reg Prouty	B+
31	Sun	Hike/Snowshoe	Winter Saranac 6er Challenge	Jack Whitney	B
31	Sun	Ski	Skiing at Brookhaven Golf Course	William Clarke	C
February					
1	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
3	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
7	Sun	Hike/Snowshoe	Winter Saranac 6er Challenge and Saranac Winter Carnival	Jack Whitney	C+
7	Sun	Ski	Ski Botheration Pond	Bill Schwarz	B+
9	Tue	Walk/Ski/ Snowshoe	Tuesday Outing	Maureen Coutant	C
13	Sat	Ski	Skiing at Brookhaven Golf Course	William Clarke	C
16	Tue	Hike/Snowshoe	Tuesday Outing	Maureen Coutant	B
17	Wed	Program	February program	Sarah King	NR
20	Sat	Ski	Pine Pond Trail	Steve Mackey	B+
21	Sun	Hike/Snowshoe	Winter Saranac 6er Challenge	Jack Whitney	B
23	Tue	Walk/Ski/ Snowshoe	Tuesday Outing	Maureen Coutant	C
27	Sat	Snowshoe	Prospect From L.G. recreation	Reg Prouty	B-
28	Sun	Ski	Skiing at Brookhaven Golf Course	William Clarke	C
March					
1	Tue	Hike/Snowshoe	Tuesday Outing	Maureen Coutant	B
2	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
7	Mon	Geocache	monthly Monday Geocache	Sarah King, Mo Coutant	NR
13	Sun	Snowshoe	Wright Peak, Algonquin, Iroquois	Steve Mackey	A+
15	Tue	Walk/Ski/ Snowshoe	Tuesday Outing	Maureen Coutant	C
19	Sat	Snowshoe	Moreau Lake Overlook via Spier Falls Connector to Western Ridge and Red Trails	Reg Prouty	B+
22	Tue	Hike/Snowshoe	Tuesday Outing	Maureen Coutant	B
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	B-
30	Wed	Program	March program	Sarah King	NR

Outings Detail

ANNUAL NEW YEARS DAY HIKE UP BUCK MOUNTAIN

Fri, Jan 1, 2016, 9:00 am, Rating: B
Reg Prouty - 518-747-9736
Colead: Bob Aspholm - *518-683-4970
- We have decided to celebrate the New Year on Buck but approach it from the shortest and least steep route from the east on Shelving Rock Road. Round trip is 5 miles and ascent is 1150 feet. Pace will be relaxed with ample time for celebratory ceremonies and lunch on top. Be sure to bring snowshoes as hopefully we will need them by then.

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.

THOMAS MT. - [Hike/Snowshoe]

Sun, Jan 3, 2016, 9:00 am, Rating: B-
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- A shorter local hike for the third day of the year if you received snow shoes for Christmas or just want to hike. Beginners and all are welcome.

SKIING AT BROOKHAVEN GOLF COURSE

Sun, Jan 3, 2016, 12:00 pm, Rating: C
William Clarke - 518-788-8644, verdureoutdooradventure@gmail.com
- XC Ski at Brookhaven Golf course in Greenfield. Novice to intermediate skiing about 4-6 miles for 2 hours, depending on the group skill level. The terrain is a moderately rolling golf course with some trails through the woods. The trails are groomed with track set for skiers. Arrive well hydrated and fed, ready to ski. The Haven restaurant is open in the afternoon if participants would like to get something to eat after skiing. Skiing is always free; trail maps and trail conditions are available at Steve's XC Trails (steveschriber.com/xcski). Snow conditions are always good, so discover a regional skiers secret. Directions: Go 8 miles north of Saratoga Springs on Route 9N and take a left on Alpine Meadows Road. Continue about 2 miles and meet at the club house parking lot on the right.

MONDAY MONTHLY GEOCACHE

Mon, Jan 4, 2016, 9:00 am, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 518-745-7834 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

WINTER SARANAC 6ER CHALLENGE MCKENZIE MT. - [Hike/Snowshoe]

Sun, Jan 10, 2016, 7:30 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- Great winter views from the summit. We will start from the Bartlett Pond trail around the pond and up to the summit. Round trip about 5.5 miles. The Saranac 6er is a challenge to hike or snowshoe six peaks in the Saranac region and you receive a patch on completion. Call or e-mail leader for details. For further details visit the web site saranalake6er.com.

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!

SKI PACK FOREST

Sat, Jan 16, 2016, 8:00 am, Rating: B
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- XC skiing at SUNY's demonstration forest north of Warrensburg--lots of gentle grades for touring, but routes are not groomed! We may be breaking trail! We have our choice of the network of wide routes, including around the lake. Bring lunch, water, snacks, and wide touring or backcountry skis. We'll do about 6 miles. Lack of snow could make this a hike.

SKIING AT BROOKHAVEN GOLF COURSE

Sun, Jan 17, 2016, 12:00 pm, Rating: C
William Clarke - 518-788-8644, verdureoutdooradventure@gmail.com
- See January 3 trip description.

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!

JANUARY PROGRAM

Wed, Jan 20, 2016, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- program will be held at Saratoga Springs Public Library. Rich Vertigan presents, "Bike the USA". In the summer of 2010, Rich Vertigan bicycled from Seaside, OR, to Rehoboth Beach, DE, a journey of over 4,000 miles and 3 months on the road. Along the way, he saw America's small towns and people up close, enjoyed their hospitality, climbed mountains, and followed rivers as he pedaled his way across the country. Come join us as Rich presents a slide show of his experiences on the road and the scenic wonders that he found along the way.

Outings Detail

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 within an hour of Glens Falls. Call or email a couple of days ahead to get the details.*

TRAVERSE THROUGH SKI OR SNOWSHOE OF RUSH POND TO QUEENSBURY SCHOOL PARKING LOT - [Walk/Ski/Snowshoe]

Sat, Jan 30, 2016, 9:00 am, Rating: B+

Reg Prouty - 518-747-9736

- *Since I now know the connecting trail that leads from the Rush Pond trail system to the Queensbury school cross-country trail system, I will hopefully spot some cars at one end or the other and do a through cross-country ski or snowshoe trip depending on snow conditions. If there is not enough snow or icy conditions it will be a hike. Distance is 5 1/2 miles with some hills but mostly gradual elevation changes. The trail has recently been improved and widened, as well as better marked.*

WINTER SARANAC 6ER CHALLENGE - [Hike/Snowshoe]

Sun, Jan 31, 2016, 7:30 am, Rating: B

Jack Whitney - 793-9210, jackwhitney1758@gmail.com

- *Depending on the conditions we will hike one of the remaining five mountains left in the challenge. Call or e-mail leader for details.*

SKIING AT BROOKHAVEN GOLF COURSE

Sun, Jan 31, 2016, 12:00 pm, Rating: C

William Clarke - 518-788-8644, verdureoutdooradventure@gmail.com

- *See January 3 trip description.*

MONTHLY MONDAY GEOCACHE

Mon, Feb 1, 2016, 9:00 am, Rating: NR

Sarah King - 798-0615, scubakings@roadrunner.com

Colead: Mo Coutant - 745-7834 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!*

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Feb 3, 2016, 7:00 pm, Rating: NR

John Caffry - chapterchair@adk-gfs.org

- *Board meeting at Saratoga-Wesley Health Center*

WINTER SARANAC 6ER CHALLENGE AND SARANAC WINTER CARNIVAL - [Hike/Snowshoe]

Sun, Feb 7, 2016, 7:30 am, Rating: C+

Jack Whitney - 793-9210, jackwhitney1758@gmail.com

- *We will hike Baker Mt. in Saranac Lake and then visit the Winter Carnival. Baker Mt. is a roundtrip distance of 1.8 miles with good views from the summit. Easy hike with a visit to the ice castle in town. Call or e-mail for details.*

SKI BOTHERATION POND

Sun, Feb 7, 2016, 8:00 am, Rating: B+

Bill Schwarz - 307-6091, bschwarz@nycap.rr.com

- *This is a backcountry tour near 13th Lake; we may be breaking trail, so bring touring or backcountry skis. No beginners! Loop is six miles, with some ups and downs, and a few stream crossings. Bring water, lunch, and a sense of adventure. Poor snow conditions will mean we go to nearby Garnet Hill ski center, which charges a fee.*

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Feb 9, 2016, time TBD, Rating: C

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

- *This week we'll do a walk, ski, or snowshoe depending on the conditions. We'll do something without too much elevation within an hour of Glens Falls. Call or email a couple of days ahead to get the details.*

SKIING AT BROOKHAVEN GOLF COURSE

Sat, Feb 13, 2016, 12:00 pm, Rating: C

William Clarke - 518-788-8644, verdureoutdooradventure@gmail.com

- *See January 3 trip description.*

TUESDAY OUTING - [Hike/Snowshoe]

Tue, Feb 16, 2016, time TBD, Rating: B

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

- *We'll snowshoe or hike a small mountain within an hour of Glens Falls. Call or email a couple of days ahead to get the details.*

FEBRUARY PROGRAM

Wed, Feb 17, 2016, 7:00 pm, Rating: NR

Sarah King - 798-0615, scubakings@roadrunner.com

- *Program will be held at Crandall Public Library, lower level. Joint Program with South Adirondack Audubon Society- "Mother Nature's Riverside Garden" presented by local botanist Jackie Donnelly. Jackie Donnelly is a nature writer/photographer who has spent nearly 25 years exploring the upper Hudson River in her small lightweight canoe. A longtime resident of Saratoga Springs, she writes about her adventures on the Hudson and elsewhere throughout the north country in her blog "Saratoga Woods and Waterways."*

PINE POND TRAIL - [Ski]

Sat, Feb 20, 2016, 7:00 am, Rating: B+

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

- *I was thinking of leading something different, so I got out some Adirondack Explorers to see what sounded interesting. In the Nov/Dec 2015 issue they wrote about "The old road to Osee-*

Outings Detail

tah." It is a little south of Lake Placid and Saranac Lake. It involves spotting a car, but it looks like it wouldn't involve too much extra driving. The trail is around 9 miles and fairly gentle. The article said, "This can be a reasonable outing even for a novice skier in good shape. The terrain is mellow, and most people will find the downhill fun rather than scary. As a bonus, there is much more downhill than uphill." It sounds to me like a fun day, and worth checking out.

WINTER SARANAC 6ER CHALLENGE - [Hike/Snowshoe]

Sun, Feb 21, 2016, 7:30 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- Depending on the conditions we will hike one of the remaining mountains left in the challenge. Call or e-mail leader for details.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Feb 23, 2016, time TBD, Rating: C
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll snowshoe, ski, or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

PROSPECT FROM L.G. RECREATION - [Snowshoe]

Sat, Feb 27, 2016, 9:30 am, Rating: B-
Reg Prouty - 518-747-9736
- This will be an easier approach to Prospect Mountain up the newly re-routed and marked trail from the south. Last year when we did this, the ENCON rangers were relocating some of the trail away from a previously very wet area. The trail will follow a route suggested by Jack Freeman, the fire tower guy, to the State many years ago. That's why I refer to it as the Jack Freeman Trail to Prospect Mountain. The round trip is about 5 miles with about 1000 feet of elevation gain.

SKIING AT BROOKHAVEN GOLF COURSE

Sun, Feb 28, 2016, 12:00 pm, Rating: C
William Clarke - 518-788-8644, verdureoutdooradventure@gmail.com
- See January 3 trip description.

TUESDAY OUTING - [Hike/Snowshoe]

Tue, Mar 1, 2016, time TBD, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll snowshoe or hike a small mountain within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Mar 2, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Board meeting at Carl R's Exit 18

MONTHLY MONDAY GEOCACHE

Mon, Mar 7, 2016, 9:00 am, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 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!

WRIGHT PEAK, ALGONQUIN, IROQUOIS - [Snowshoe]

Sun, Mar 13, 2016, 5:30 am, Rating: A+
Steve Mackey - 793-6484, smackey33@verizon.net

- This is the first day of daylight savings so it will only feel to your body like 6:30 AM. If conditions are favorable, after climbing the peaks we will go down the steep trail to Lake Colden/ Avalanche Lake, and make a loop out of it. We will park at the Loj, and climb Wright first. The peaks are often very windy, so bring extra clothing for exposed skin when we are up high. I might carry a pair of short skis, for the trip out, but that is optional, and I will probably bring up the rear. The route will be roughly 15 miles, with around 4000 feet vertical. Late March is usually relatively warm, with a lot more day light.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Mar 15, 2016, time TBD, Rating: C
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll ski or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

MOREAU LAKE OVERLOOK VIA SPIER FALLS CONNECTOR TO WESTERN RIDGE AND RED TRAILS - [Snowshoe]

Sat, Mar 19, 2016, 9:30 am, Rating: B+
Reg Prouty - 518-747-9736
- We will park in the Spier Falls Road Parking area and begin on the Western Ridge Trail, taking the red connector over to the overlook and make a return loop via the green trail. Round trip is 5 miles with a few hundred feet of ascent.

TUESDAY OUTING - [Hike/Snowshoe]

Tue, Mar 22, 2016, time TBD, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll snowshoe or hike a small mountain within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

TUESDAY OUTING - [Walk/Hike]

Tue, Mar 29, 2016, time TBD, Rating: B-
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll hike or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

MARCH PROGRAM

Wed, Mar 30, 2016, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- Program will be held at Crandall Public Library, lower level. Hiking the Continental Divide Trail: One Woman's Journey: Local hiker and author, Jennifer Hanson, will share the tale of her 2,400-mile six-month back-packing trip from Mexico to Canada along the Continental Divide National Scenic Trail (CDT). Using excerpts from her book Hiking the Continental Divide Trail: One Woman's Journey and a slide-show of dozens of photographs, Jennifer will share the challenges and thrills of long-distance hiking. The journey included trekking through arid ranchland, desert forests and Indian reservations in New Mexico; the Bob Marshall Wilderness Area and Glacier National Park in Montana; the remote and rugged Bitterroot Range of Idaho/Montana; the Wind River Range and Teton National Forest in Wyoming and hundreds of miles snowshoeing through the Rocky Mountains of Colorado. See Pg 3 of the newsletter for additional information.

Marshall Peak and Plane Crash Site Sat, Oct 3, 2015, Mike Fuller

- Yes!!! Finally a blue sky Marshall hike. We all arrived at Upper Works where I gave out 10lb bags of Adirondack blue and red "patatas." After getting to know names and a hiker briefing we were on our way. Flowed Lands gave us a beautiful sunny place for a break. Some of us remember past years of overcast skies and last year's cold rain on the hike. Herbert Brook was in great shape for keeping feet dry. We stopped at my favorite spot on Marshall, a little alpine bog which is the source of Herbert Brook. Soon we were all on the summit, with lunch time, pictures, and a view of Iroquois and Shepherds Tooth. The herd path to Cold Brook Trail yielded great views of Wallace and the Swards. Off to the plane wreck; many couldn't believe a whole plane less than a 100 feet from the trail. After lots of pictures we headed down to Lake Colden. Wayne and Joe took most of the group back to the Upper Works while I swept with the rest. We were all treated to a beautiful star filled night sky for our hike out. A great day spent with a great group. Congrats to everyone who needed Marshall. 15 participants: Akane Suzuki, David White, Brenda McAteer, Dalton Hanaway, Jen Ferriss, Brenda Lennon, Wayne Richter, Jim Zwynenburg, Joe Babcock, Kelly Marriott, Chong Min, Carol and Jim May, Stephen Longmire, and Mike Fuller.

Jay Range Tue, Oct 6, 2015, Maureen Coutant

- Great, great, amazing hike! Love this hike! Just myself and one other participant had been on the ridge before, so it was fun to introduce so many people to a "new" area. The 2012 trail is a big improvement over the prior steep trail and we enjoyed meeting a group of "Road Scholars" from ADK's main club at our first stop along the Jay Range. Afterwards we hiked on along the ridge, but will have to return and hike a little further to get to the cool cairns and other lookouts. I highly recommend this hike! Participants: Mo Coutant, Denise Erwin, Gretchen Gedroiz, Margie Litwin, Tom Martindale, Lynne Mayack, Liz Mulshine, Kathi Noble, Anne Paolano, Lynne Silverberg, Gray Stephens, Jim Zwynenburg.

Peaked Mountain Pond and Peaked Mountain Sat, Oct 10, 2015, Rich Crammond

- This was just a super day to be out there in the forest. Highlights were: Hiking with son Rich, great sunshine, good hiking buds, and super views from the summit! (It just didn't get no better!) Participants: Jayne Boudier, Chuck Gibson, Peter Bishop, Mayumi Kato, Christina Bombard, Amelia Woessne, Kathryn Taylor, Rebecca Hawkins, Erin Maggi, Gary Maggi, Tim Ward, Mary Ward, Scott W. Cooper, Karen Vanvliet, Richard Elvis Crammond, Rich Crammond.

Tuesday Paddle Tue, Oct 13, 2015, Maureen Coutant

- It finally felt like fall with temps around 50, but in the bright sunshine it felt fine...unless the wind picked up! But that was only occasionally, so it was a great outing. This week we went over to check out Lens Lake outside of Stoney Creek. It was a bit further than I usually go, but with the fall foliage at its peak it was an amazing drive and then paddle. The lake is known for its bog plants and even in the fall it's an amazing place. The pitcher plants were a beautiful crimson. There was another plant that was sticking up its stem with a puff on top throughout the bog and reminded me of a Dr. Seuss drawing. We even found a few geocaches as we paddled around the lake. See the photo gallery for the track log and photos! Participants: Mo Coutant, Tina Crook, Bill Glendenning, Licia Mackey, Joy Munro, Cory Rinella, George Sammons, Paul Zampol?

Noonmark and Round Loop Sat, Oct 17, 2015, Wayne Richter

- Who would have expected the middle of October to give us both beautiful fall foliage and snow up top? With the possibility of rain in the forecast and a few conflicts that came up, only two of us came out for this hike. We had no rain and found the intermittent snow showers to be no bother at all while giving the plants a lovely coating of white. We summited Noonmark wrapped in a cloud and the wind blowing powerfully. After lunch in the shelter of the woods on the opposite side, we went back up to the summit and found the clouds torn away here and there, giving us splendid views of the surrounding peaks and the valleys below. We continued down the back side of Noonmark and then headed up Round, where we were mostly socked in. Participants: Wayne Richter, Matt Wolcott.

Walk around Putnam Pond Sun, Oct 18, 2015, Bill Schwarz

- We had a great foliage day as we circled Putnam Pond and several of the smaller nearby water bodies. This was a new destination for most participants, as we put in 8 miles total. We explored the old mining center and looked in the large cave where the ore was extracted. Thanks to Marsha, the Ticonderoga resident who provided some of the local history. Participants: Karen and Aryeh Alpern, Carmelita DeCicco, Paul Dietershagen, Grace Frisone, Marsha LaPointe, Mike Metzger, Bill Schwarz.

Monday Monthly Geocache Mon, Oct 19, 2015, Sarah King and Mo Coutant

- We headed to the Pinnacle today to look for 9 new caches here. 4 were on the trail to the summit and 5 were on the new yellow trail, which ends on Edgecomb Pond Road. I assume plans are to connect it across Edgecomb Pond Road to the Cat/Thomas Trails but for now, it ends on the road. We spotted a car at the last cache on the yellow trail and then drove down to the parking lot for the Pinnacle. It was a cold clear day but we quickly shed our layers as the first 20 minutes or so is a real heart pumper. The cache at the summit is aptly called What A View and it was! We admired the view, took some pictures, had some snacks and then headed back down the trail to where the yellow trail started. It's marked with a sign saying To Edgecomb Pond, 1.3 miles. Al-though it is fairly well marked with yellow markers, they really blend in with all the leaves and we had trouble spotting them. Lots of leaves and roots also made footing a bit challenging. Lots of ups on this trail as well. We noted that we thought they could have added some switchbacks here. Not a long hike but we really enjoyed this new trail and the amazing view from the top. Participants: Mo Coutant, Larry Eaton, Sarah King, Licia Mackey, Don Thorn.

Monday Monthly Geocache Mon, Nov 2, 2015, Sarah King and Mo Coutant

- It was another perfect day on the trails at The Lake George Land Conservancy's new trail to Record Hill in Anthony's Nose Preserve. We met at Panera and carpooled up to the preserve, meeting Todd there. There is a small gravel lot there for about 4 cars. We started our hike at 9:40am grabbing the first of 6 caches, which was located at the trailhead. Trail conditions were good and dry. The weather was sunny and warm in the high 60s with a bit of wind at the summit. Amazing weather for early November. With the elevation, we were all shedding layers as we hiked. Sarah got down to her t-shirt. Our total mileage was 2.5 miles and our maximum elevation was 1276 ft. We maintained a leisurely pace, stopping to catch our breath and find a cache. After finding the cache on the summit, Todd wandered around and discovered a stunning overlook to the south. We had our lunch at a nice rocky outcropping and headed down, arriving

back at the trailhead at 12:30. A great outing which was enjoyed by all. Participants: (including geocaching names) Licia Mackey (hhiker33), Mo Coutant (MoJim), Sarah King (scubakings), Don Thorn (Olliewalker), Diane Demetriou (dutchessdee), Steve Gray (spark06), Todd Earl, and Larry Eaton (leaton).

ADK HQ workday Sat, Nov 7, 2015, Maureen Coutant
 - Thank you, thank you, thank you! Many GF-S ADK chapter members joined members of the Lake George Property Committee to do a fall cleanup at ADK Headquarters off Exit 21. Just popping in for an hour or two is great help and many people stayed until midafternoon. I had to leave early myself and really appreciate all my longtime committee members and volunteers making sure all the chores got done! Thanks again. Mo

Sleeping Beauty Sat, Nov 8, 2015, Jack Whitney
 - Group photo instead of review!



Tuesday Walk Tue, Nov 10, 2015, Maureen Coutant
 - This was the first week back to the "midweek walk/hike" season! So we started off with a nice stroll along the Harry Betar Walkway in South Glens Falls. The walkway goes along the river and then up on the bluff along the river. It's a great spot in South Glens Falls to head out and get a little exercise. Afterwards most of us headed over to Spot Coffee for some refreshments. Participants: William Clarke, Mo Coutant, Diane Demetriou, Steve Gray, Sarah King, Eric Krantz, Licia Mackey, George & Irene Sammons, Bill Schwarz, Joanne Szot.

Rush Pond Trails Sat, Nov 14, 2015, Reg Prouty
 - The first thing I noticed was that this trail has been much improved, as well as marked and widened so it is obvious how to get to the twin bridges. I also discovered where the turn is for the connecting trail to Queensbury School Campus via the cross-country trail system. The return via the same route included a short lunch break at the two bridges. 6 hikers: Reg Prouty, Rob Furlong, Harvey Noordsy, J.Nafari, Heidi Kaufman, and C. Font.

Tuesday walk Tue, Nov 24, 2015, Licia Mackey (for Mo)
 - We headed to Gurney Lane Rec to do some hills and get some fresh air. The hiking trails were covered with those slippery oak leaves, but not the bike trails. We zig-zagged our way up, around and down with no mishaps. Alas, we neared a cache Sarah had placed. She navigated us briefly off trail to search. Oh what a fun find! We were able to hike on the rainbow of hiking trails too, as we proceeded. (Hum, had the bikers swept these trails?) It was great to hear of Judy & Doug's summer Alaska adventure, Todd's No.Vt. visit and Tom & Denis's tales of Ireland along the way. Participants; Licia Mackey (for Mo),

Sarah King, Todd Earl, Denis Foley, Tom Burns, Judy & Doug Beers.



Turkey Trot 17 Saratoga Battlefield Hike Thu, Nov 26, 2015, Rich Crammond

- Just a great day to be in the park. We didn't see many deer but there were lots of humans on the trail. The nice wether had lots to do with that. We learned some history from Dave Fiske, author, and hiked past part of an 1800 homestead spot. Neat stuff, good hiking buds and it just didn't get no better. Looking forward to next year. Participants: Randy Glenn, Barbara Glenn, Molly Bederian, Steve Bederian, Laura Fiske, Steve Fiske, Noah Quz, Anna Hollander, Eliza Hollander, Colleen Coulter, Joanne Morrison, David Morrison, Kim Wood, Kathie Horn, Bill Schwarz, Rich Crammond.

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

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

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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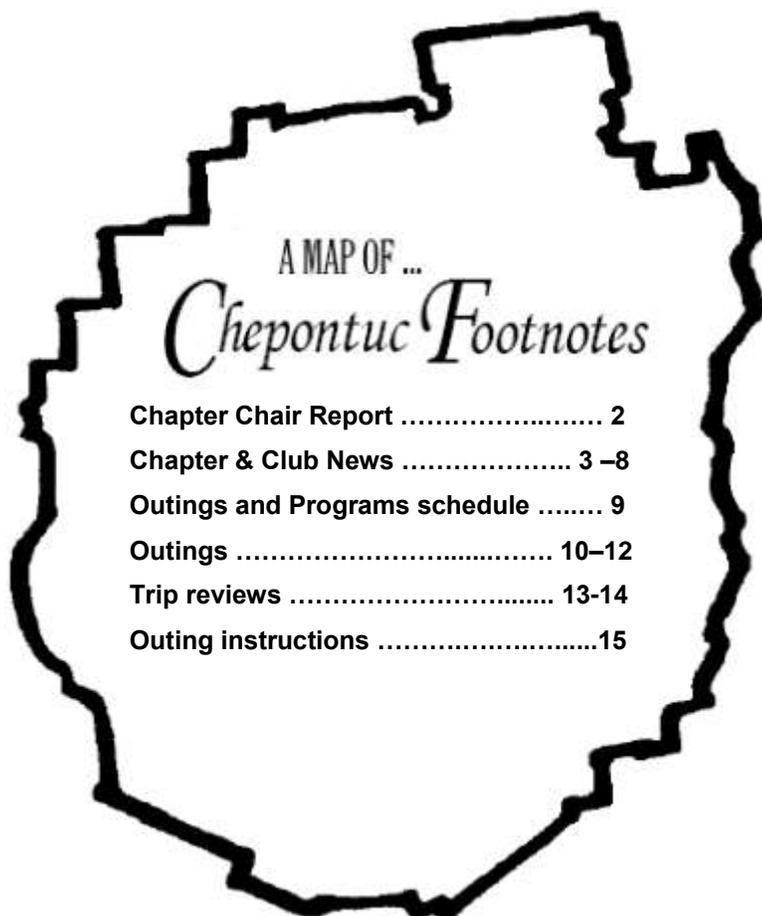
Are you moving?

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!