



Chepontuc Footnotes

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

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



Join us for some
 SPRING CLEANING
 During I Love my Park Day
 Saturday, May 7th 9-2
 Or whenever you can make it!
 ADK HEADQUARTERS
 (just west off Exit 21 of the Northway)

Come join fellow ADKers to help spruce up the ADK Headquarters building for the busy summer season. We rake, put out the picnic table & parking lot timbers, maybe even stain a little bit of the building if the weather allows. Dress for a mess & bring a rake and gloves ~ if **you want to. No worries if you don't want to rake, we can find other jobs for you!** Call Maureen (745-7834) if you have special skills or equipment to offer. Coffee, muffins, donuts or scones and lunch provided!!

Wednesday, May 18th at 7pm at Saratoga Public Library

Mt. Kilimanjaro and Beyond with Jean Quattrocchi



Journey to the Roof of Africa, Mt Kilimanjaro, on a seven day expedition. Along with the sights and experiences of this adventure, we will be taken on a safari in Tanzania. This will be followed by the visit Jean made to a Malawi village for which her students raised funds to purchase and install a lifesaving freshwater pump.

Partnerships

By John Caffry, Chapter Chair

High Peaks Trail Conditions:

Despite the warm winter, icy and snowy conditions remain prevalent in the High Peaks. For the foreseeable future, Chapter members should continue to be prepared for all types of conditions, regardless of what the weather is like at home when you set out. Just as important, when temperatures do rise, remember to stay off the highly erodible, higher altitude trails until the frost is out of the ground. Seek out alternative hikes during that period. Current trail information is available on the DEC website.



Steve Lashomb has taken over the Young Members Group and has wonderful ideas to foster the love of the Adirondacks in our young members. Dan Kane has moved up from the alternate director position to fill a newly created vacancy in our Director Positions. This is due to the fact that the Chapter's membership has grown to the point where it now has three representatives on the main club's Board of Directors. Dan is already very involved with the main club and should be a good addition to both the Chapter Executive Committee and the Board of Directors. The chapter still has openings for the Publicity Committee Chair and First Vice Chair positions. If anyone is interested in joining the Executive Committee, feel free to contact me, or to come to a meeting and see what it's all about!

CHAPTER LEADERSHIP UPDATE:

I am pleased to report two additions to our Executive Committee. Deb Donohue has agreed to be the new Newsletter Committee Chair and editor. This is her first issue of Chepontuc Footnotes as editor.

Newsletter

Young members

Director



Lynda Lake with her granddaughter, Adrina and Kane.

(See related story on page 3)

Chepontuc Footnotes

Published Bimonthly
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 Vice Chair *** vacant ***

Second Vice Chair Maureen Coutant
Phone: 745-7834

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

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Bill Wasilauski
Dan Kane

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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

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Wilderness Jim Schneider
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Young Members Group Steve Lashomb
Phone: 315-783-7698 ymg@adk-gfs.org

Non-Voting Volunteers:
Fire Tower Correspondents
Phone: 668-3046 Kathi & Tim Noble

We are so excited to read the submitted Challenge stories every month! This month's highlighted letter is from Christina Mabee. She commented in her letter, "This Challenge holds a strong bond with the memories I had with my mom." Christina's mom was her hiking partner and best friend. Due to an illness she was unable to complete the Challenge with only 2 towers left. The executive committee of the Glens Falls Saratoga Chapter has voted to award Christina's mother, Lynda Lake, a Fire Tower Challenge patch posthumously. Christina is continuing this family tradition by hiking with her daughter, Adrina, and her pooch, Kane.



The following people are the most recent finishers of the challenge. Congratulations to all of them for this great accomplishment!

Colleen Dolezsar, Delanson, NY
 Kathleen Maguire Cornwall, Ontario, Canada
 Terry Clement, Tupper Lake, NY
 Crystal Davis, Schenectady, NY
 Dan Petit, Schenectady, NY
 Dean & Jeremy Tyrrell, Schroon Lake, NY
 Christina Mabee, Scotia, NY
 Lynda Lake, Scotia, NY
 Margaret Varin, Clifton Park, NY
 Kristen Taylor, Snyder, NY
 Corenne Black, Cranberry Lake, NY
 Romana Fiaschetti, Rome, NY

Way to go!

There were 4 completers of the challenge for the winter rocker:

Daniel Pekrol, Niskayuna, NY
 Rebecca Nichols, Tribes Hill, NY
 Francis Willis, Queensbury, NY
 Thomas Penders, Queensbury, NY

Membership update

By Pat Desbiens

January 2016 - New Members

Scott Anderson, Lake Luzerne
 Jim, Alissa, Isabel, Emma & Bergen Caprood, Queensbury
 Hillary Claggett & Robert Little, Saratoga Springs
 Justin Driscoll, Middle Grove
 Catherine Feck, Rexford
 Travis Grossman, Albany
 Greg, Ruth, Kaleigh & Aedan Hays, Schuylerville
 Marlene Hurley, Queensbury
 Kerri Ketcham, Gansevoort
 Robin Leary, Saratoga Springs
 Chris Round, Queensbury
 Laura Sieme-Giordano, Cambridge
 Claire Superak, Saratoga Springs
 Katie & Mike Usher, Greenfield Center

Rejoined Members

George R. Cahill, Ticonderoga
 Charles Harris, Queensbury
 Helen Hokula, Catskill
 Steven Joiner, Queensbury
 James Kilduff, Kathleen O'Connor & Owen Connor Kilduff, Saratoga Springs
 Bob, Lisa & Chris Reepmeyer, Saratoga Springs
 Greg Schwake, Lake George
 Shaleen, Christopher, Libby & Travis Stavers, Malta

February 2016 - New Members

Daniel Berheide, Saratoga Springs
 Alexandra Besso, Gansevoort
 Joanne & Jason Commisso, Argyle
 Elizabeth Demarsh, Hudson Falls
 Andrew LaRosa & Alexandra Wait, Saratoga Springs
 Steven Lashomb & Kelly Coughlin, Saratoga Springs
 Christopher, Lindsey, Clara & Tim Mann, Saratoga Springs
 Kathleeen McDermott, Queensbury
 Jennifer Phoenix & Les Wright, Whitehall
 Heather, Jason, Lansing & Wyatt Ward, Saratoga Springs
 Jim & Laura Zwynenburg, Queensbury

Rejoined Members

Michael Brother, Pine Bush, New York
 Corey & Bryan Dandaraw, Clifton Park
 Karen & James Jones; Haley & Alison Kopacz, Wilton
 Ron Leveille, Ballston Spa
 Wanda Moccio, Indian Lake
 Janice Prichett, Clifton Park
 Linda Valerino, Malta

Outings and Programs Schedule

See adk-gfs.org website for latest calendar

Date	Day	Type	Destination	Leader(s)	Rating
May					
1	Sun	Hike	Hopkins Mountain	Wayne Richter	B+
2	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
3	Tue	Paddle	Tuesday Paddle	Mo Coutant	B
4	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
4	Wed	Sunset Hike	Young Members: Sunset Hike	Stephanie Graudons	B-
5	Thu	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
7	Sat	Hike	Exploring Prospect Mountain	Bill Bechtel	B
7	Sat	Other	Lake George Property Workday	Mo Coutant	NR
10	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
14	Sat	Hike	Cat and Thomas Mountains	Bill Bechtel	B+
15	Sun	Hike	Pole Hill Pond - RTL	Lorraine MacKenzie	B
15	Sun	Other	Young Members: Picnic in the Park	Julia Greiner, Stephanie Graudons	NR
17	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
18	Wed	Program	May program	Sarah King	NR
21	Sat	Hike	Panther Gorge Lean-to	Mike Fuller	A+
21	Sat	Hike	Pilot Knob Peak	Bill Bechtel	B+
21	Sat	Hike	Lake Andrew	Rich Crammond, Jayne Boudier	B
21	Sat	Hike	Pole Pond Loop	Neal Van Dorsten	B-
21	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
22	Sun	Hike	Black Mountain- Fire Tower, loop	Bill Carpenter	B
24	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
25	Wed	Sunset Hike	Young Members: Sunset Hike	Stephanie Graudons	B-
28	Sat	Hike	Esther and Whiteface	Bill Morse	A+
28	Sat	Hike	Sleeping Beauty Mt.	Jack Whitney	B-
31	Tue	Paddle	Tuesday Outing	Mo Coutant	NR
June					
1	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
4	Sat	Hike	Seward Black Fly Blood Drive	Mike Fuller	A+
4	Sat	Hike	Plane Crash Site, Cold Brook Trail, High Peaks Area	Rich Crammond, Jayne Boudier	A
5	Sun	Hike	Ampersand Mountain	Bill Carpenter	B+
5	Sun	Hike	Amy's Park - RTL	Lorraine MacKenzie	C+
6	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
7	Tue	Walk/Hike	Tuesday outing	Mo Coutant	NR
11	Sat	Hike	Giant	Wayne Richter	A
12	Sun	Hike	Crane Mt.	Jack Whitney	B
14	Tue	Paddle	Tuesday paddle	Mo Coutant	NR
18	Sat	Hike	Phelps Mt. via Herd Path	Bill Morse	B+
18	Sat	Hike	Goodnow Mountain	Reginald Prouty	B+
21	Tue	Walk/Hike	Tuesday outing Party!	Mo Coutant	NR
25	Sat	Paddle/Camp	Rainbow Lake	Jayne Boudier	A
26	Sun	Hike	Wakley Mt. Fire Tower Challenge	Jack Whitney	B
28	Tue	Paddle	Tuesday Evening Paddle	Mo Coutant	NR
July					
3	Sun	Hike	Hurricane Mt. Wildflower/Photo hike	Jack Whitney	B
9	Sat	Hike	Panther and Couch	Mike Fuller	A+
9	Sat	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	C+
10	Sun	Hike	Cascade Mountain	Bill Carpenter	B+
12	Tue	Paddle	Tuesday Evening Paddle	Mo Coutant	NR
16	Sat	Hike	Mount Vanhoevenberg from South Meadow Road	Reginald Prouty	B+
17	Sun	Hike	The Pinnacle and Cat Mountain	Lorraine MacKenzie	B-
23	Sat	Hike	Severance Hill and Big Pond	Rich Crammond	C+
26	Tue	Paddle	Tuesday Evening Paddle	Mo Coutant	NR
30	Sat	Paddle/Camp	Raquette Lake and St Williams	Jayne Boudier	A

Outings Detail

HOPKINS MOUNTAIN - [Hike]

Sun, May 1, 2016, 8:30 am, Rating: B+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- Hopkins is one of the gems of the lower summits among the High Peaks. Its open bedrock summit has a spectacular view right up the Ausable valley with many of the High Peaks visible. Along the way, we'll pass a few gigantic white pines, follow along beautiful Mossy Cascade Brook and have a look at the cascade. Round trip is 6.4 miles with 2120 feet of elevation change.

MONTHLY MONDAY GEOCACHE

Mon, May 2, 2016, time TBD, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
Coad: 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!

TUESDAY PADDLE

Tue, May 3, 2016, 10:00 am, Rating: B
Mo Coutant - 745-7834, mojim@roadrunner.com
- This will be the first paddle of the season...and ironically, the hardest. The reason why is that we'll be attempting to paddle from Lake Luzerne to Second Lake. It's against the current in a narrow channel, at times, which makes the paddling a little strenuous. The water can be shallow during the year, so we try to do it as our first trip out to get higher water. But we always have to get out of our boats in at least one spot where it's just too shallow to paddle against the current. Plus we never know if we'll be able to cross beaver dams or have to get out...then there's potential downed trees to get around! So, it's an adventure and probably the most fun of any paddle trip all year! Call or email for more information.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, May 4, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Crandall Library, Holden room.

YOUNG MEMBERS: SUNSET HIKE

Wed, May 4, 2016, time TBD, Rating: B-
Stephanie Gaudons - 518-415-9016, stephanie@adk.org
- Easy to moderate sunset hike in the Lake George area. Trail, meeting time, and location to be determined. Bring a headlamp or flashlight, snacks or pack dinner, extra layers for while we're hanging out, and a sense of adventure. Hike is weather permitting; rain will cancel (or reschedule). Email stephanie@adk.org for more info and to sign up.

SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK

Thu, May 5, 2016, time TBD, Rating: C
Rich Speidel - 623-2587
- May is a great time to hear and see native and migrating birds in our area. This will be an easy morning walk of about two miles along the trails and varied habitats of Camp Saratoga. We will stop often and record the bird species identified. Please call ahead to sign up, and bring binoculars, snacks and water. The rain date is Friday, May 6. Meeting place: Camp Saratoga, Scout Road.

EXPLORING PROSPECT MOUNTAIN - [Hike]

Sat, May 7, 2016, 8:30 am, Rating: B
Bill Bechtel - 518-399-1206, williamandkaren@nycap.rr.com
- Starting at the Lake George Recreation Area, we will climb to the peak, after which we will explore other trails on the south-east side of the mountain, looping back to our cars and hiking about 7 miles. Hike one of three for getting back in shape for the summer hiking season.

LAKE GEORGE PROPERTY WORKDAY - [Other]

Sat, May 7, 2016, 9:00 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- Come join fellow ADKers to help spruce up the ADK Headquarters Building just off Exit 21 of the Northway! No skills required. Bring work gloves and a rake, but if you don't want to rake...we can find something else for you to do! Breakfast and lunch provided. Come for an hour or stay until midafternoon. We'll take any help we can get!! Thanks!

TUESDAY OUTING - [Walk/Hike]

Tue, May 10, 2016, time TBD, Rating: NR
Mo 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.

CAT AND THOMAS MOUNTAINS - [Hike]

Sat, May 14, 2016, 8:30 am, Rating: B+
Bill Bechtel - 518-399-1206, williamandkaren@nycap.rr.com
- Starting at Edgecomb Pond, we will ascend Cat Mountain then hike the ridge line over to the cabin and further on to the peak of Thomas Mountain, returning to Edgecomb Pond and hiking about 8 miles. Hike two of three for getting back in shape for the summer hiking season.

POLE HILL POND - RTL - [Hike]

Sun, May 15, 2016, 8:30 am, Rating: B
Lorraine MacKenzie - 791-9794, otczone@aol.com
- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our second LGLC preserve outing. Pole Hill pond is located west of the Tongue Mountain range in Bolton. It is a 5 mile loop. The brochure states to "Prepare for wet areas, steep climbs, and rocks. Your rewards will be the spectacular view from Walnut Ridge, serenity of untouched Pole Hill Pond, and abundance of native Adirondack plants and birds." Sounds wonderful!

YOUNG MEMBERS: PICNIC IN THE PARK - [Other]

Sun, May 15, 2016, 1:00 pm, Rating: NR
Julia Greiner - 518-860-9030, jules@adk.org
Coad: Stephanie Gaudons - 518-415-9016 or stephanie@adk.org
- Catch up with friends or make some new ones! Join us for an afternoon of hanging out in Congress Park in downtown Saratoga from 1-4pm. Bring a blanket and bag lunch, and we'll have frisbees, scavenger hunts, and a few snacks to share. We'll stroll around the park and possibly make a side trip to Ben & Jerry's for ice cream for those interested. Kids and families welcome! Weather permitting, rain date is May 22.

TUESDAY OUTING - [Walk/Hike]

Tue, May 17, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See May 10th. NOTE: This might get changed to a paddle trip!

Outings Detail

MAY PROGRAM

Wed, May 18, 2016, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- Program will be held at Saratoga Springs Public Library.
"African Sojourn: Mt. Kilimanjaro and Beyond" with Jean Quatrocchi.

PANTHER GORGE LEAN-TO - [Hike]

Sat, May 21, 2016, 5:30 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- Every year I go to Panther Gorge for lean-to inspection. This will start my 11th year as adopter. We'll start at the Elk Lake Trailhead. It's 18 miles and 2,300 of up and down. A great spring hike without a high peak. I go rain or shine. We'll meet at Panera Bread at 5:30 or the Elk Lake Trailhead at 7:00.

PILOT KNOB PEAK - [Hike]

Sat, May 21, 2016, 8:30 am, Rating: B+
Bill Bechtel - 518-399-1206, williamandkaren@nycap.rr.com
- Starting at the Buck Mountain trailhead, we will ascend the Pilot Knob ridge line to the open false peak and bushwhack further southwest to the true peak. Most of the hike is on a good herd path with about 0.5 miles of bushwhacking, for a total round trip distance of about 5 1/2 miles. Hike three of three for getting back in shape for the summer hiking season.

LAKE ANDREW - [Hike]

Sat, May 21, 2016, 9:00 am, Rating: B
Rich Crammond - 518-584-2380
Colead: Jayne Boudier - 518-793-3770
- This outing will be approximately 8 miles round trip with around 400 feet of elevation change. It's mostly a road hike to a nice body of water. The meeting place will be at the Santanoni trailhead parking lot off Rt. 25 north of Tahawus and Rt. 84, Blue Ridge Rd., Upper Works area. Let's get 'er done, hiker buds. Please dress warm for Adirondack spring weather.

POLE POND LOOP - [Hike]

Sat, May 21, 2016, 9:00 am, Rating: B-
Neal Van Dorsten - 644-7034, nealvan@aol.com
- This new hike is very diverse and interesting: a variety of forests and water with some open woods at the top. The views are spectacular from the top of the ridge. It is a lot of up and down with some steep climbs. Meeting at the public parking across from the Lakeside Lodge in Bolton Landing. Call or email to confirm.

SPRING BIRD WALK - PACK FOREST, WARRENSBURG

Sat, May 21, 2016, time TBD, Rating: C
Rich Speidel - 623-2587
- A leisurely morning walk of about three miles through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migrating and native birds crossing our path. We will check for birds around Pack Forest Lake and may visit the Grandmother's Tree, a towering 175 foot white pine some 320 years old. Please call ahead to register, and bring binoculars, snacks and water. The rain date is Sunday, May 22. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

BLACK MOUNTAIN- FIRE TOWER, LOOP - [Hike]

Sun, May 22, 2016, 8:30 am, Rating: B
Bill Carpenter - 793-5506, jbadk@yahoo.com
- This hike is part of the fire tower challenge. To make it even better is to do the loop as well, with going by nice ponds and

views included. Lunch time will be at the Black Mt. Lean-to, a nice stop. The hike is approximately 8.5 miles and 5 hours, depending on the group.

TUESDAY OUTING - [Walk/Hike]

Tue, May 24, 2016, time TBD, Rating: NR
Mo 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.

YOUNG MEMBERS: SUNSET HIKE

Wed, May 25, 2016, time TBD, Rating: B-
Stephanie Gaudons - 518-415-9016, stephanie@adk.org
- Easy to moderate sunset hike in the Lake George area. Trail, meeting time, and location to be determined (open to ideas). Bring a headlamp or flashlight, snacks or pack dinner, extra layers for while we're hanging out, and a sense of adventure. Hike is weather permitting, rain will cancel (or reschedule). Email stephanie@adk.org for more info and to sign up.

ESTHER AND WHITEFACE - [Hike]

Sat, May 28, 2016, 7:30 am, Rating: A+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- We will go in from the Atmospheric Center doing Esther than Whiteface. Total trip is 11-12 miles with over 3,000 of elevation gain. Bring a camera for the great views, and plenty of food and water. I will meet the group at 7:30AM at Exit 29. Leader may bring dog.

SLEEPING BEAUTY MT. - [Hike]

Sat, May 28, 2016, 9:00 am, Rating: B-
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- Great views to be had from the summit. We will take the trail down to Bumps Pond. Should be some lady slippers along the way. Slower pace to allow for wildflower photos along the way. Round trip around five miles.

TUESDAY OUTING - [Paddle]

Tue, May 31, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This week if the weather will allow, we'll do a paddle in the Glens Falls/Lake George area!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Jun 1, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Board meeting at Saratoga-Wesley Health Center.

SEWARD BLACK FLY BLOOD DRIVE - [Hike]

Sat, Jun 4, 2016, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- I've had some requests to lead some slower pace hikes. So Donaldson and Emmons will be the main 2 peaks. If everyone is up for it, we'll take in Seward. It's 16+ miles and 3,400 ft of up. We'll meet at Panera Bread Queensbury at 5:00 or the Coreys trailhead at 7:30.

PLANE CRASH SITE, COLD BROOK TRAIL, HIGH PEAKS AREA - [Hike]

Sat, Jun 4, 2016, 8:00 am, Rating: A
Rich Crammond - 518-584-2380
Colead: Jayne Boudier - 518-793-3770
- This will be an (all day) hike to the Lake Colden area. Bring back country food, flashlights, rain gear, compass, map, headnet and "I think I can do it" to this back country rugged outing!

Outings Detail

Round trip is approximately 16 miles with about 2,000 feet of elevation change (eeks!). The crash site is at 3,800 feet, and less than 100 feet off the trail. Let's get 'er done, hiking buds! Meet at 8 am at the Upper Works trailhead, Tahawus Route 25 dead end.

AMPERSAND MOUNTAIN - [Hike]

Sun, Jun 5, 2016, 8:00 am, Rating: B+
Bill Carpenter - 793-5506, jbadk@Yahoo.com
- The Adirondack Sampler reads, "Such a contrast in beauty is not available to this degree anywhere else in the Adirondacks." That says it all! The first half is easy, while the second half is very steep and rugged. Round trip time is 4.5 hours + time for lunch and 5.5 miles. This hike needs a nice day.

AMY'S PARK - RTL - [Hike]

Sun, Jun 5, 2016, 8:30 am, Rating: C+
Lorraine MacKenzie - 791-9794, otczone@aol.com
- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our third LGLC preserve outing. Amy's Park is a network of 4 trails in the Town of Bolton that can be connected into a 5 mile loop. We will encounter various types of terrain ranging from an old logging road to a steep climb. We pass a beaver dam, as well as having nice views of Lake George. Rain cancels.

MONTHLY MONDAY GEOCACHE

Mon, Jun 6, 2016, time TBD, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY OUTING - [Walk/Hike]

Tue, Jun 7, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This week we'll probably do a walk or hike around the Lake George area. Call or email a few days before for details.

GIANT - [Hike]

Sat, Jun 11, 2016, 6:00 am, Rating: A
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- Giant is an excellent peak for getting in shape: The Ridge Trail will give us a steady rise with spectacular views along the way on the many fine ledges, followed by a great summit. We'll hope the black flies let us enjoy it, but be prepared for them.

CRANE MT. - [Hike]

Sun, Jun 12, 2016, 8:30 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- Great views from the ledges near the summit; also a walk along Crane Mt. Pond. Should be some wildflowers along the way. Round trip 4.8 miles. Slower pace to allow time to take photos.

TUESDAY PADDLE

Tue, Jun 14, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This week we'll do a paddle trip in the GF area. Call or email a few days ahead for details.

PHELPS MT. VIA HERD PATH - [Hike]

Sat, Jun 18, 2016, 7:30 am, Rating: B+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- We will be hiking Phelps going in from South Meadows on the Klondike Notch trail. It is 2.6 miles to the Klondike Lean-to where we will take the herd path to summit Phelps. The hike is 8-9 miles with about 2,000 feet of elevation gain. I will meet the group at 7:30 AM at exit 29. I may also bring my dog.

GOODNOW MOUNTAIN - [Hike]

Sat, Jun 18, 2016, 8:00 am, Rating: B+
Reginald Prouty - 518-747-9736, reginaldprouty@yahoo.com
- This 3.8 mile round trip has 1040 feet of ascent and excellent views from its climbable fire tower. We will hike at a moderate pace so let's enjoy the beginning of the summer on one of my favorite small mountains.

TUESDAY OUTING PARTY! - [Walk/Hike]

Tue, Jun 21, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This will be the last official Tuesday Outing of the season! So we need to do something special. I haven't decided what yet! I'm thinking a pot luck picnic to one of our favorite places or a hike and wind up at my house for a meal? Check website in June.

RAINBOW LAKE - [Paddle/Camp]

Sat, Jun 25, 2016, 7:00 am, Rating: A
Jayne Boudier - 518-793-3770, bouder@verizon.net
- June 25-26 This lake lives east of Paul Smiths. It is somewhat domesticated, with Buck Pond State Campground at one end, camps crowding the other, and views of two fire towers. But there's also plenty of wild area, interesting terrain, and free campsites. We should have time to explore the North Branch (of the Saranac River), Rainbow's namesake eskers, and The Flow without having to rush. The paddle is about 12 miles, at a moderate to leisurely pace. The leader has boats to lend.

WAKLEY MT. FIRE TOWER CHALLENGE - [Hike]

Sun, Jun 26, 2016, 8:45 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- This spectacular hike features a fire tower with great views and also an old beaver meadow to explore. Round trip distance is six miles with an elevation gain of 1,635 feet. Call or e-mail leader for details.

TUESDAY EVENING PADDLE

Tue, Jun 28, 2016, 5:30 pm, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll be doing a paddle within an hour of Glens Falls.

HURRICANE MT. WILDFLOWER/PHOTO HIKE

Sun, Jul 3, 2016, 8:30 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- Great views from this summit and some wild flowers along the trail. Round trip about 5.5 miles. Slower pace to allow for photographs. Call or e-mail leader for details.

PANTHER AND COUCH - [Hike]

Sat, Jul 9, 2016, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmalloy55@hotmail.com
- This will be another slower pace hike to help out older aspiring 46ers finish their quest. We'll do Panther, then Couch. If everyone is up for it, we'll go to Santanoni. It's actually on our way back because we'll use the Express trail back to the main trail. We'll meet at 5:00 at Panera Bread Queensbury or 7:00 at the trailhead.

Outings Detail

MONTCALM POINT HIKE AND SWIM

Sat, Jul 9, 2016, 9:00 am, Rating: C+
Neal Van Dorsten - 644-7034, nealvan@aol.com
- A wonderful hike along the shores of Lake George starting at Clay Meadows and ending at Montcalm Point; we will then take a swim and then we will be picked up by boat and transported back. This hike has limited availability so sign up early. We will meet at the public parking across from Lakeside Lodge in Bolton Landing. Call or email to confirm.

CASCADE MOUNTAIN - [Hike]

Sun, Jul 10, 2016, 8:00 pm, Rating: B+
Bill Carpenter - 793-5506, jpbadk@yahoo.com
- What a nice way to introduce someone to the high peaks, start your 46, or just a fine hike. Round trip is 4.8 miles and takes about 4.5 hours plus time for lunch. By the way, Cascade is 36th of the 46 in elevation.

TUESDAY EVENING PADDLE

Tue, Jul 12, 2016, 5:30 pm, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll be doing a paddle within an hour of Glens Falls. Call or email a couple of days ahead for details.

MOUNT VANHOEVENBERG FROM SOUTH MEADOW ROAD - [Hike]

Sat, Jul 16, 2016, 8:00 am, Rating: B+
Reginald Prouty - 518-747-9736, reginaldprouty@yahoo.com
- This smaller mountain in the foothills of the high peaks region is excellent for viewing Lake Placid, the Olympic bobsled and luge runs, and the high peaks. Round trip is only 7.6 miles with a mere 740 feet of elevation change.

THE PINNACLE AND CAT MOUNTAIN - [Hike]

Sun, Jul 17, 2016, 8:30 am, Rating: B-
Lorraine MacKenzie - 791-9794, otczone@aol.com
- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our 4th LGLC preserve outing. The usual trip to Cat Mountain involves a loop with Thomas Mountain. LGLC has made a new trail linking Pinnacle with Cat. It will be interesting to approach Cat from the south. Both summits provide different spectacular views of Lake George. Total trip is just a little over 6 miles with some steep sections. Rain cancels.

SEVERANCE HILL AND BIG POND - [Hike]

Sat, Jul 23, 2016, 9:00 am, Rating: C+
Rich Crammond - 518-584-2380
- We will hike the 1 mile to the summit of Severance; the trail is a little steep toward the top. After that, we will drive to the trailhead for Big Pond, a few miles away, for a 3 mile round trip hike to the wooded shore. See you there. Meet at the Severance Mt. trailhead, Route 9, Schroon Lake, 1.5 miles north of the village.

TUESDAY EVENING PADDLE

Tue, Jul 26, 2016, 5:30 pm, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll be doing a paddle within an hour of Glens Falls. Call or email a couple of days ahead for details.

RAQUETTE LAKE AND ST WILLIAMS - [Paddle/Camp]

Sat, Jul 30, 2016, 7:30 am, Rating: A
Jayne Boudier - 518-793-3770, boudier@verizon.net
- July 30-31. We could camp at Big Island or Tioga Point, poke around the Needles, or do South Inlet to the falls (and maybe hike to the old Sagamore powerhouse). I'm open to suggestions. And at noon on Sunday, St. Williams on Long Point is having their annual chicken barbecue and silent auction... The paddle is 8-10 miles, at a moderate to leisurely pace. I have canoes to lend. Anyone who would like just to do the barbecue can take the free ferry there from Raquette Lake Village, between 1-4 p.m. on Sunday.

Participate in ididaride! on 7/31/16 (adk.org for info)



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

Young Members: Banff Mountain Film Festival Fri, Feb 19, 2016, Stephanie Graudons

- This was a great little social outing to get people together to watch these amazing outdoor films. Our group consisted of Yuan-Ming Cheng, Joe and Kelly Durma, Julia and Jake Greiner, Stephanie Graudons, and Ted Letcher. There were lots of other familiar faces from the ADK community, so it wasn't hard to meet up with others we knew there too. ADK staff had a table at the event, and even recruited a new young member from the area to join. Can't wait to do this again next year!

Young Members: Moxham Mountain Sat, Feb 20, 2016, Stephanie Graudons and Julia Greiner

- The weather forecast wasn't too promising with its probability of wintry mix and rain in the mountains, but that didn't deter us, and it's a good thing it didn't! What looked like it might not be a great weather day leading up to it, turned out to be a bright sunny morning with mild temperatures. 11 young members from the Albany and Glens Falls-Saratoga region hiked up Moxham Mountain, stopping often for photos, conversation, and snacks. What the group didn't know, due to trees obscuring the view of the sky, was that the sunshine above them would soon be taken over by the oncoming snow shower. In a very short time, the clouds moved in, the wind started whipping, and light wintry mix fell from the sky. The group didn't spend long on the summit, only enough time for a quick photo and to take a look around, and retreated to the woods to pass around treats out of the wind. Thankfully, on the way down the precipitation was light so no one really got wet. Since everyone had such a great time, a stop for a late lunch in Lake George was suggested, which was a perfect way to end the outing. Participants: Liz Young, David Kelley, Dustin Wright, Yuan-Ming Cheng, Mehreena Ahmad, Julia Greiner, Jake Greiner, Dan Kemp, Michael Diana, Stephanie Graudons, and Ted Letcher.

Pine Pond Trail Sat, Feb 20, 2016, Steve Mackey

- We scouted this out (with microspikes) when we were up north for the Chapter Winter Weekend. At the time it was very icy with a lot of blowdown. We threw a lot of sticks off of the trail, but there were still a lot of trees to clear. We drove to the spot where we were going to be parking the other cars and it wasn't obvious where the trail comes out. The route crosses Oseetah Lake, so hopefully it would be obvious from the other direction. As the trip got closer there still hadn't been any new snow, so we were forced to cancel. I will try and reschedule the trip for next winter.

Tuesday Outing Tue, Feb 23, 2016, Maureen Coutant

- This week we did a quick hike along the Van Dusen Preserve loop. Just under 2 miles and we were out for about 1-1/2 hours with time to chat at the beginning and, of course, during the hike! Mix of ice and leaves. The bottom half of the hill had ice on the trail, but the top gets more sun and the ice was mostly melted. The microspikes were definitely needed. Participants: Annemarie Carberry, Mo Coutant, Sarah King, Eric Krantz, Licia Mackey, Reg Prouty, Bill Schwarz, Joanne Szot, Don Thorn.

Tuesday Outing Tue, Mar 1, 2016, Maureen Coutant

- This week we did our annual trip to the Fort Edward Important Bird Area (IBA) as a joint trip with the IBA's Friends group which was started by our Chapter member, Laurie LaFond. She led us around to a few sites and answered questions about the habitat and why it's important for the birds, especially those species that are threatened or endangered. She was also able to iden-

tify Northern harriers, Red-tailed hawks, and the special treat of the day (evening really)...many Short-eared owls! We saw them flying over the fields and sitting on posts. We took turns looking through a spotting scope and sharing binoculars. It was one of Laurie's best days for seeing the owls and we were all thrilled to be there with her!! Participants: Don Butler, Mo Coutant, Alan & Liz Gee, Mark Janey, Heide Kaufmann, Eric Krantz, Laurie LaFond, Licia & Steve Mackey, Liz Mulshine, Gwenne Rippon, Howard & Lynne Silverberg, Don Washburn, Jim Zwynenburg.

Monthly Monday Geocache Mon, Mar 7, 2016, Sarah King and Mo Coutant

- Today we headed down to Thatcher State Park to hike the High Point Trail and look for 15 caches placed for the Winter 33 challenge put out by volunteer geocachers on behalf of the state park system. It was a beautiful day, unseasonably mild for early March. No microspikes needed. We all ended up shedding layers as we walked along the trail. Conditions were muddy in spots, no ice to be seen. We climbed when driving to the trailhead but the trail itself didn't gain much elevation. We did come upon a great overlook near one of the caches where we snapped a quick picture of the group. Probably the most memorable thing about this trail is all the fissures that we noticed as we walked along. You really need to be paying attention or you could break a leg if you stepped into one. I also snapped a picture of one of the deeper fissures we passed. See the gallery for that and a few other shots of this trip. We found a neat multi stage cache where we had to discover the code word to open a cryptex, a term coined by Dan Brown and made popular in this book and movie *The Da Vinci Code*. As I guessed, the code word was "geocache" so we were able to open the cryptex to get the coordinates to the final location. All hides were right along the trail and we had a great time making the loop and finding all 15 caches. Treats provided by Licia Mackey, our baker extraordinaire. As always, a great outing with great people. The distance was about 4 miles and we were on the trail about 3 hours. Trip Participants: Sarah King, Licia Mackey, Mo Coutant, Steve Gray, Don Thorn, Larry Eaton, Heidi Kaufmann.

Wright Peak, Algonquin, Iroquois Sun, Mar 13, 2016, Steve Mackey

- I actually screwed up the time change part, so I ended up moving the start time to 7:30 new time. We got to the Loj around 9:00 which sounds kind of late, but if it was the day before it would have been 8:00, which sounds okay. As you are all aware, spring came early this year, and though we carried snowshoes, we never needed them. About half way up Wright we all put on our microspikes and used them most of the day. A couple of times we switched to crampons, such as when we were descending Wright and climbing the upper parts of Algonquin. There were about three spots where the trail looked like a frozen waterfall. It would have been very dangerous without some kind of traction device. The actual weather was beautiful. Several times we were hiking with short sleeves or wind breakers on. On all three summits we spent time hanging out, eating, and taking pictures. I wasn't sure if we were going to be able to take the trail down to Lake Colden, so we reserved judgement until we saw what it looked like. Under melting conditions the trail can turn into a river, and I didn't want to deal with it. Luckily it was in good shape. A few times we could hear water running underneath us, and a few times you could see dirt on the snow where it had flooded recently, but it wasn't an issue for us. We planned on being able to hike on the ice across Avalanche Pass. The beginning was open water, but after a couple of hun-

Trip Reviews

dred yards we gingerly ventured out on it, and it was fine. (It didn't hurt our confidence that a Ranger was skiing on it.) The last couple of miles out from Marcy Dam were extremely muddy. We got to the cars at dark. We didn't need head lamps, but we were going to need them soon. We had a good strong, fast group. Participants: Jim Zwynenburg, Keelin Zwynenburg, Paul Gebhard, Joe Babcock, Justin Drisco, Keith Harrison, Chris Ball, Peter Abreu, and a guest appearance by Mike Fuller.

Tuesday Outing Tue, Mar 15, 2016, Maureen Coutant

- Thank you to Steve and Licia for filling in for Mo while she was out of town! The Feeder Canal Trail was one of the best options for an ice and mud free walk. We started at Murray Park in Hudson Falls and headed past the Five Combines, toward Fort Edward. Neil and Steve hustled ahead while Heidi, Eric and Licia paused to take pictures, check water levels in the combines, and ID some birds. The song of the Red-winged Blackbird assured us spring has arrived. We met Bill Schwarz, a usual participant, returning from an earlier start. It was good to get out for some fresh air, exercise, and have enjoyable company to chat with. Participants: Eric Krantz, Heidi Kaufman, Neil Van Dorsten, Licia and Steve Mackey.

Young Members: Evening Trail Walk & Social Wed, Mar 16, 2016, Julia Greiner and Stephanie Gaudons

- We had a small group for this outing: David Kelley, Stephanie Gaudons, Julia Greiner, Greta Heilman, and her two young children. We did some light hiking around the trails at Cole's Woods for an hour or so after work. What started as just a cloudy afternoon turned into a stormy evening (that's right - thunderstorms!), with rain on and off. The kids were delighted with the thunder and enjoyed this fun little adventure. There was lots of exploring and observing leaves and water, and perhaps some confusion about why we were playing outside in the rain, thunder, and darkness. It was a lot of fun and we hope to do more young member and family friendly activities in the future.

Moreau Lake Overlook via Spier Falls Connector to Western Ridge and Red Trails Sat, Mar 19, 2016, Reg Prouty

- Although it was not an official ADK hike as there were only two of us, Bob Bedard and I enjoyed a beautiful early spring day at the overlook, needing no microspikes or snowshoes due to the year of no winter.

Tuesday Outing Tue, Mar 22, 2016, Maureen Coutant

- This week we hiked up Prospect Mountain from the Lake George Rec trail. We think this is the best approach of the 3 main routes up Prospect, although Big Hollow is good. The village route is in need of some rerouting due to all the erosion over the years. This approach starts along a stream with beautiful moss covered rocks and little waterfalls. You leave the stream and head through the woods along an unmarked trail and eventually come out at the parking lot. From there, it was a steep trip up to the summit where we enjoyed some snacks and views. Great day out! Participants: Mo Coutant, Carl Harris, Heidi Kaufmann, Sarah King, Licia Mackey, Anne & Rick Morse, Joy Munro, Kathi Noble.

Tuesday Outing Tue, Mar 29, 2016, Maureen Coutant

- Each spring we hike French Mountain and do a little clean up, usually just looking for trash along the trail or at the hidden billboard spot. Over the years, we've really cleaned up that spot and usually don't find too much trash other than in the parking lot. So this year we expanded our efforts to building a few water

bars to try to move some water off the trail which will help slow the erosion of the trail. This was Steve's idea after hiking it a few weeks ago and seeing spots where a well placed water bar would make a difference. Steve, Carl, Mark, Bill, Rick, and Joy were the main builders and with all the help they made quick work of it! It was a windy day, so we didn't stay at the lookout for long. Participants: Mo Coutant, Margaret Curtis, Carl Harris, Mark Janey, Licia & Steve Mackey, Anne & Rick Morse, Joy Munro, Anne Paolano, Bill Schwarz, Joanne Szot.



Christina Mabee with her dog Kane on their hike up the Gore Mountain fire tower.

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

Trip leaders and participants:
Remember to send in your photos to
webmaster@adk-gfs.org for the gal-
lery. (This is where the newsletter
editor finds most of the pictures to
include in this publication)

Thank You!

Sign Up

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINI MUM number for Outings is: 3 people, including the leader (4 in winter). Panera Bread is the meeting spot unless otherwise noted in the trip description. Be there and ready to depart at the posted time (directions below).

Meeting Place Information - Panera Bread

Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3
 • From **NORTHWAY (I-87)** Take Exit 19 and go east on **AVIATION / QUAKER** Road. Follow 0.5 miles to **ROUTE 9/GLEN STREET**. Turn North (LEFT) onto **ROUTE 9**, then right at the light into the **NORTHWAY PLAZA**. Then take a left at the four-way stop, and park in front of Panera Bread.

Travel Information/Car Pools

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it's helpful to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

Participation Guidelines

Leaders are responsible to evaluate interested parties' fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions. *Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. **For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip.** Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (and recently and are in good shape as necessary for that outing.)** *An ADK Liability Waiver must be provided by the Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors. *No Pets allowed on outings except where designated in the description.

Dogs

Participants in Chapter outings will be allowed to bring their dogs on

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

Hiking Needs/Preparation/Equipment

Bring trail food and plenty of water on ALL hikes! *Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. — please do not wear 100% cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don't trust the forecast or the sky based on the start of the day. Be prepared!

Ratings

Special Winter Needs

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants can expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented Shell pants, jackets and mittens are commonly used with warm layers beneath.

Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	8-12	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	5-8	5-6
C+	Fairly Easy	1,000+	5-8	4-6
C	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

Become an Outings Leader

Ask any Chapter Leader for details. Offer to Co-lead to get the experience! We're always looking for new leaders to help share the fun while filling in the calendar. New faces offer more varied outings while sharing personal favorite destinations. Contact the Outings Chairs on page 2 for more information.

Programs and Meeting Directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found on the Chapter Web page: www.adk-gfs.org

Wesley Health Care Center 131 Lawrence Street, Saratoga Springs, NY 12866, 587-3600.

From the South: Route 9 North. LEFT onto CHURCH STREET. RIGHT onto LAWRENCE. • **From the North:** EXIT 15 off of the Northway. RIGHT onto ROUTE 50 South. Continue onto VAN DAM STREET, RIGHT onto LAWRENCE STREET.

Crandall Library, Holden Room, 251 Glen Street, Glens Falls, NY 12804, 792-6508

• EXIT 18 of the Northway. Left at the circle onto Glen Street. Library is on the RIGHT.

Lake George ADK Headquarters: EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT.

Saratoga Springs Public Library: Henry Street., Saratoga Springs, NY 12866, 584-7860.

• **From Northway (I-87),** Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to T-junction, RIGHT onto CIRCULAR STREET to the first, traffic light. LEFT onto SPRING STREET for

two blocks., RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

• From Route 9 and Route 50

Route 9 and Route 50 converge to become the main street (Broadway) in downtown Saratoga Springs. Follow in to downtown, up to the main street. Turn onto SPRING STREET (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. Parking as described above.



Chepontuc Footnotes

Glens Falls - Saratoga Chapter Adirondack Mountain Club
P.O. Box 2314
Glens Falls, New York 12801

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

POSTMASTER: CONTAINS DATED MATERIAL.
PLEASE DELIVER PROMPTLY. THANK YOU.



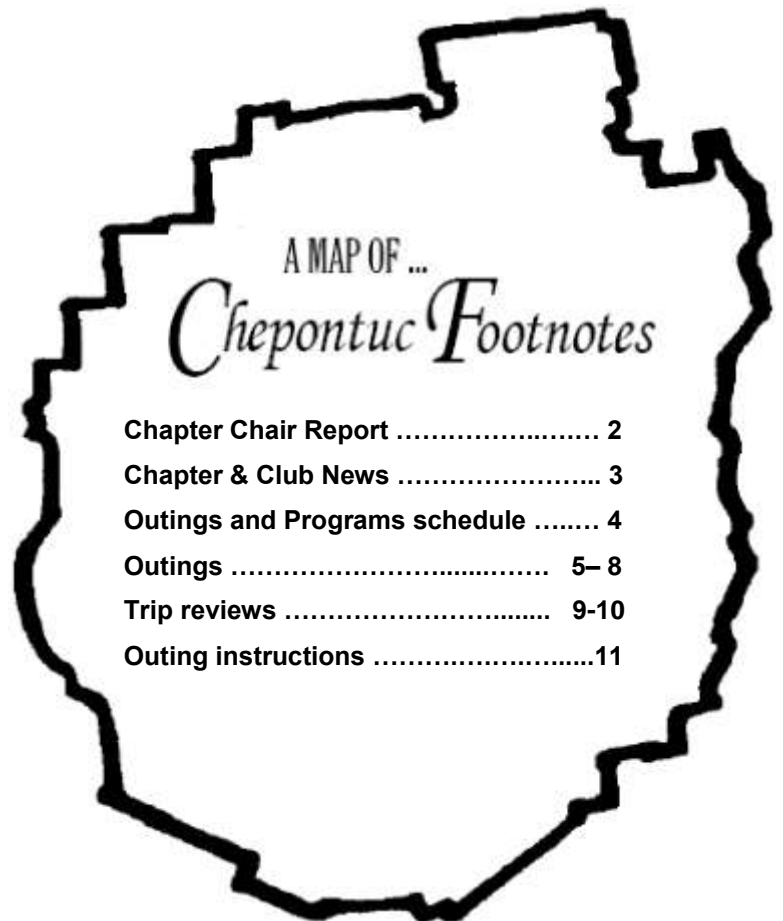
Are you moving?

If you are moving, please forward your change of address, including new phone number, to

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

You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club.

Therefore, any change of address need NOT be sent to the Chapter - one form or one call to the Club is all you need!



A MAP OF ...
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Reminder: Please include your e-mail address when renewing membership!