



Chepontuc Footnotes

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

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

NOVEMBER PROGRAM



Presented by:
Tammara Van Ryn and Chris Lincoln

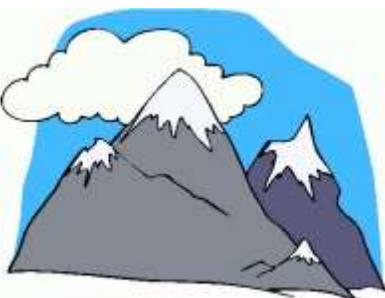
Wednesday,
November 16 7:00 PM

Saratoga Springs Public Library

ADK members Tammara Van Ryn and Chris Lincoln started their travel adventures nearly thirty years ago as Peace Corps forestry volunteers in Ecuador, South America. They fell in love with the Andes Mountains and used any excuse to travel, hike, and explore when not working on projects. The experience also gave them the desire and confidence to travel independently throughout Latin America after their return home.

Traveling light, usually with a Lonely Planet guidebook in hand, they have visited every country in Central America and continue to explore South America. Along the way they have hiked volcanos in the middle of Lake Nicaragua, kayaked fjords in Chile, climbed the highest peak in Panama in sneakers, and watched the jungle come alive at dawn from the top of a Mayan pyramid.

To round out their hiking experiences in North America, they traveled to the Canadian Rockies several years ago. Join us for highlights of a few of these adventures, with an engaging and informative evening taking you **through the Americas from Canadian Rockies' Banff National Park in the north to Patagonia's Torre del Paine and Los Glaciares National Parks in the south.**



HIKING



Chapter Chair Report *By John Caffry*

How to Stay Up to Date on Adirondack Forest Preserve Issues

Since 1894, the New York Forest Preserve has been protected by the state Constitution as “forever wild”. Many ADKers are regular users of its over 3 million acres of land and water in the Adirondacks and Catskills. Our Chapter’s outings use the Forest Preserve on a weekly basis, and ADK is one of the most active organizations advocating for its protection. Unfortunately, the Forest Preserve is under constant assault, due to overuse of some areas by hikers, illegal motorized use, and mismanagement by the very state government officials charged with its protection. For example, currently, the Department of Environmental Conservation is cutting thousands of trees, including old growth trees, in the heart of the Forest Preserve to create new snowmobile trails that resemble roads far more than they do trails.

If you would like to stay informed about these issues, check out the Advocacy page on ADK’s new website (www.adk.org). Other organizations that are active on these issues include Adirondack Wild (www.adirondackwild.org), Protect the Adirondacks (www.protectadks.org), and the Adirondack Council (www.adirondackcouncil.org). All of them provide news and updates on Forest Preserve issues and provide suggestions for how citizens can get involved. Perhaps the most comprehensive source of such information online is the Adirondack Almanack (www.adirondackalmanack.com), which is not affiliated with any advocacy organization, and covers a wide variety of news, natural history, and human history involving the Adirondacks. Happy web surfing!

Disclosure: Two of the organizations listed above are clients of my law firm: Adirondack Explorer, the parent publication of the Adirondack Almanack; and Protect the Adirondacks. I am also a member of the Board of Directors of Protect the Adirondacks.

CONTACT US

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 vicechair@adk-gfs.org

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 Wasilauski
Dan Kane

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
Phone: 696-7625 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 Deb Donohue
Phone: 638-6557 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
Phone: 798-3055 annualdinner@adk-gfs.org

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 Steve Lashomb
Phone: 315-783-7698 ymsg@adk-gfs.org

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

This is our annual search for campership applicants. Please note that applications are due by December 31st. Don't let your daughter or son miss out on such an invaluable ... and free ... Experience, so apply now!!!

Once again our Glens Falls-Saratoga ADK chapter is looking for candidates to sponsor for week long camperships in the summer of 2017 at DEC's **Camp Colby** and **Pack Forest**, and as part of ADK's five day High School **Teen Trails** maintenance projects. These programs offer those being sponsored the opportunity to heighten their awareness and appreciation of nature and environmental concerns, while participating in educational and/or recreational activities, dependent upon the program. For those selected, attendance fees (\$350 DEC and \$250 ADK) will be paid by our chapter.

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

"I really liked the spore prints because we got to pick mushrooms and put them on black paper. In the morning there were three spore prints. They were fun because they made really cool colors and I didn't know they did that. I also liked the birding because we got to look at and identify birds like red tailed hawks. It was fun because the birds sounded great. Finally, I really liked the games we did like predator and prey. We got to attack each other and gather resources it was fun because it was a challenge."

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

ADK's **Teen Trail** five day projects are geared towards high school students (**aged 14 to 17**). This program, which relies upon the key elements of teamwork and shared responsibility, focuses on educating participants on the ways and means of trail maintenance. Participants may learn such skills as how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, or how to use boulders with a steel bar. Through the course of a trail project, which can be physically challenging, campers share in a fun and rewarding experience while forming new friendships and memories. Ultimately a quality trail project is completed by trail crews that will protect the natural resource for many years. ADK provides campers with food, group camping gear, tools and experienced leadership. Specific sites for the summer 2017 program will be posted on our site as soon as available. ... A past participant remarked, "I had a lot fun this year and I enjoyed learning about making wooden bridges. It was especially cool because we felled the tree on site. I feel like my skills have really increased now that I have had a project with stone and a project with logs. I have had so much fun I hope to be on a crew every summer. When I am old enough, I hope to work for the Mountain Club. I'd love to be a teen trail crew leader. "

Application forms for these sponsorships may be downloaded from the Education tab on our website (<http://www.adk-gfs.org>)

and, when completed, sent to:

Linda Ranado
18 Pine Ridge Road,
Hadley, NY 12835

Applications must be received by **December 31st**.

If you have any questions, you may call me at 696-7265 or e-mail me at lrinado@hotmail.com.

We're glad to see that people are hiking the newly renovated Stillwater tower and have already added it to their lists. Several recent finishers have included it as part of their challenge. It's an easy hike. We did it with our 3-year-old great niece who went up and down all by herself. She was so proud of what she did and we hope that we've given her the hiking bug. There are nice views, but you have to go up the tower in order to see them. On a clear day you can see the windmills on Tug Hill Plateau, Stillwater Reservoir and views all the way to the high peaks.



Congratulations to the following people for completing the fire tower challenge:

Barbara Blum Brant Lake, NY
 Rachel Walkden Weehawken, NY
 Donna Jackson Brooklyn, NY
 Laura Lane Warrensburg, NY
 Thomas Rossner Schenectady, NY
 Brett LeBlanc Old Town, ME
 Corinne Michaud-LeBlanc Old Town, ME
 Christopher Roberts Ballston Lake, NY
 Steve Shumway Jay, NY
 Fran Shumway Jay, NY
 Matthew Ledwith Clifton Park, NY
 Marina L. Jacqueway Schenectady, NY
 Jill Thomson Schenectady, NY

Peter Brown Schenectady, NY
 Christopher Caprood Northville, NY
 Mary Jean Bland Jay, NY
 Betsy Gengel Lake Placid, NY
 Ellie McAvoy Wilmington, NY
 Susan Sties Tupper Lake, NY
 Jim Kennard Fairport, NY
 Chris Apa Niskayuna, NY
 Anabelle Apa Niskayuna, NY
 Heather Hosier Scotia, NY
 Andrew Flynn Oswego, NY
 Timothy Weber Cicero, NY

Membership update

By Pat Desbiens

July 2016 - New Members

Beth Baumert, Ballston Lake
 Tim Collette, Cazenovia, New York
 Dennis Graham, Hampton, New York
 David Hall, South Glens Falls
 Sandra & Charles Iden, Bayport, New York
 Terry Johnson, Clifton Park
 Regina Kennely, Queensbury
 John Kershko, Queensbury
 Ronald, Judy, Alexandra & Danny Lockwood, West Long Branch, New Jersey
 Brian Stoetzel, Tonawanda, New York
 Joshua Wagner, Nashville, Tennessee

July 2016 - Rejoined Members

Kathleen & John Bernhard, Lake George
 Carol Bram, Warrensburg
 Justin Ermiger, Glens Falls
 Brittany Jenks-Hastings & Eric Jenks, Salem
 Barbara Otsuka, Middlebury, Vermont
 Cynthia & Herbert Sodher, Saratoga Springs

August 2016 - New Members

Alycia Baker, Middle Granville
 Richard Bennett, Queensbury
 Harper Callahan, Saratoga Springs
 Mary Ellen Carlini, Corinth
 Robert Connolly, Clifton Park
 Kerry, Matthew, Katelyn & Ava Hanlon, Hadley
 Rose Naylor & Sue Willett, Fort Edward
 Suzanne Rancourt, Hadley
 Danielle Riggs, Glens Falls

August 2016 - Rejoined Members

Jonathan & Amanda Barcus, Somerville, Massachusetts
 Darla J. Belevich, Queensbury
 Daniel Whalen, Waterford
 Alfred & Georgiana Zustovich, Houston, Texas

Outings and Programs Schedule

See adk-gfs.org website for latest calendar

Date	Day	Type	Destination	Leader(s)	Rating
November 2016					
1	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
2	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
5	Sat	Hike	Pitchoff Traverse	Reg Prouty	B+
7	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
8	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
13	Sun	Hike	Fifth Peak	Jack Whitney	B
15	Tue	Hike	Tuesday Outing -FTC hike	Maureen Coutant	NR
16	Wed	Program	Banff to Patagonia - Hiking through the Americas presented by Tamara Van Ryn and Chris Lincoln	Sarah King	NR
20	Sun	Hike	Overlook Mountain	Steve Mackey	B
22	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
24	Thu	Hike	Turkey Trot #18 Saratoga Battlefield	Rich Crammond	C+
26	Sat	Hike	Pilot Knob Sunset Photo Hike	Jack Whitney	C+
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
December 2016					
4	Sun	Hike/Snowshoe	Pole Hill Pond Photo Hike	Jack Whitney	B
5	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
6	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
7	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
10	Sat	Hike/Snowshoe	Rush Pond to Queensbury Elementary Traverse	Reg Prouty	B-
13	Tue	Walk/Hike	Tuesday Outing - FTC?	Mo Coutant	NR
17	Sat	Hike/Snowshoe	Wilton Wildlife Park	Rich Crammond	C+
20	Tue	Walk	Tuesday Outing -Holiday cookies	Mo Coutant	C
27	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Mo Coutant	NR
January 2017					
1	Sun	Hike/Snowshoe	New Years Day Annual Hike or Snowshoe	Reg Prouty, Bob Aspholm	B+
3	Tue	Walk/Hike/Ski	Tuesday Outing	Mo Coutant	NR
7	Sat	Hike/Snowshoe	Dial and Nippletop, High Peaks	Wayne Richter, Mike Fuller	A+
9	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
10	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Mo Coutant	NR
11	Wed	Program	Hiking in the Swedish Mountain Wilderness by Ruben Lindstrom from Sweden Outdoor Life	Sarah King	NR
17	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Mo Coutant	B
24	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Mo Coutant	NR
28	Sat	Hike/Snowshoe	Hudson Crossing / New Year Outing	Rich Crammond	C
29	Sun	Ski	Ski Botheration Pond Loop	Bill Schwarz	B+

Outings Detail

TUESDAY OUTING - [Walk/Hike]

Tue, Nov 1, 2016, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This is the beginning of the weekly Tuesday (usually) Outings. I try to get out each week from November through June to do something. It might be a walk, a hike, snowshoe, or ski depending on the conditions. Sometimes the weather or an appointment will cause me to have to move the trip to another day, so check in with me Sunday evening or Monday morning to find out the plan for that week. I'm also going to try to do a hike with a fire tower on top once a month for anyone who is working on the Fire Tower Challenge.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Nov 2, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Board meeting at Crandall Library in the Holden Room (2nd floor of the library).

PITCHOFF TRAVERSE - [Hike]

Sat, Nov 5, 2016, 8:30 am, Rating: B+
Reg Prouty - 518-747-9736
- This 5.2 mile traverse above the Cascade Lakes area affords excellent views of the Cascade Lakes as well as of Marcy and other high peaks. A highlight of the trip is the amazing balancing rocks at the 1.5 mile junction. There are 1,300 feet of ascent so there are some steep spots. Pace will be relaxed to enjoy the overlooks.

MONTHLY MONDAY GEOCACHE

Mon, Nov 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!

TUESDAY OUTING - [Walk/Hike]

Tue, Nov 8, 2016, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See November 1 or 29th & Remember to Vote!

FIFTH PEAK - [Hike]

Sun, Nov 13, 2016, 8:45 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- Great views of Lake George from this summit. We will hike up to the lean-to. Round trip around five miles. Wear an orange vest or jacket.

TUESDAY OUTING -FTC HIKE

Tue, Nov 15, 2016, 8:30 am, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This week we will probably do a Fire Tower Challenge hike. Depending on the weather, we will possibly do Blue Mountain or maybe Snowy or something more local. I haven't decided, so if you're interested, check in with me Sunday evening or Monday morning. If you need a tower for the FTC, let me know.

BANFF TO PATAGONIA - HIKING THROUGH THE AMERICAS PRESENTED BY TAMARA VAN RYN AND CHRIS LINCOLN - [Program]

Wed, Nov 16, 2016, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- Presented at Saratoga Springs Public Library. ADK members Tammara Van Ryn and Chris Lincoln started their travel adventures

nearly thirty years ago as Peace Corps forestry volunteers in Ecuador, South America. They fell in love with the Andes Mountains and used any excuse to travel, hike, and explore when not working on projects. The experience also gave them the desire and confidence to travel independently throughout Latin America after their return home. Traveling light, usually with a Lonely Planet guidebook in hand, they have visited every country in Central America and continue to explore South America. Along the way they have hiked volcanos in the middle of Lake Nicaragua, kayaked fjords in Chile, climbed the highest peak in Panama in sneakers, and watched the jungle come alive at dawn from the top of a Mayan pyramid. To round out their hiking experiences in North America, they traveled to the Canadian Rockies several years ago. Join us for highlights of a few of these adventures, with an engaging and informative evening taking you through the Americas from Canadian Rockies' Banff National Park in the north to Patagonia's Torre del Paine and Los Glaciers National Parks in the south.

OVERLOOK MOUNTAIN - [Hike]

Sun, Nov 20, 2016, 7:00 am, Rating: B
Steve Mackey - 793-6484, smackey33@verizon.net
- We thought it would be nice to hike one of the fire tower mountains in the Catskills. This is approximately a two hour drive each way from Glens Falls. The hike itself is around 5 miles round trip on a gravel road. As added bonuses, there are ruins of an old hotel, spectacular cliffs, a fire tower, great views of the Hudson Valley, and a Buddhist Temple across the street from the trailhead. If logistics work out, we hopefully can visit the temple for a little while. There appears to be an issue with parking sometimes, but we'll come up with a work around if we have to.

TUESDAY OUTING - [Walk/Hike]

Tue, Nov 22, 2016, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See Nov 29

TURKEY TROT #18 SARATOGA BATTLEFIELD - [Hike]

Thu, Nov 24, 2016, 8:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Let's work up that old Holiday Hunger again this year with approximately 4 or 5 miles of hiking in the Saratoga Battlefield Park. We will meet at the visitors parking lot off Route 32, Stillwater. Happy Thanksgiving to all.

PILOT KNOB SUNSET PHOTO HIKE

Sat, Nov 26, 2016, 2:45 pm, Rating: C+
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- Short hike offering good views of Lake George.

TUESDAY OUTING - [Walk/Hike]

Tue, Nov 29, 2016, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- I try to get out each week from November through June to do something. It might be a walk, a hike, snowshoe, or ski depending on the conditions. Sometimes the weather or an appointment will cause me to have to move the trip to another day, so check in with me Sunday evening or Monday morning to find out the plan for that week. I'm also going to try to do a hike with a fire tower on top once a month for anyone who is working on the Fire Tower Challenge.

POLE HILL POND PHOTO HIKE

Sun, Dec 4, 2016, 8:30 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- We will hike up to the pond, a very nice wilderness setting. It just might be cold enough to see some ice in the brook. Wear

Outings Detail

something orange. Dress in layers. Bring micro spikes. Round trip about five miles.

MONDAY MONTHLY GEOCACHE

Mon, Dec 5, 2016, time TBD, 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 OUTING - [Walk/Hike]

Tue, Dec 6, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This will probably be a walk since we had a geocache outing on Monday. Possibly a short close by hike? Call or email the weekend before to get the plan!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

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

RUSH POND TO QUEENSBURY ELEMENTARY TRAV-ERSE - [Hike/Snowshoe]

Sat, Dec 10, 2016, 9:00 am, Rating: B-
Reg Prouty - 518-747-9736
- This will be a through hike, or snowshoe if enough snow, from Rush Pond parking lot near exit 20 of the Northway ending up in back of Queensbury Elementary School on the cross-country trailhead. Distance is about 4-5 miles with only small hills.

TUESDAY OUTING - FTC? - [Walk/Hike]

Tue, Dec 13, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This week we'll try to do a Fire Tower Challenge hike depending on the conditions. Maybe something close by like Hadley, Black, or Spruce. Call or email the weekend before for details.

WILTON WILDLIFE PARK - [Hike/Snowshoe]

Sat, Dec 17, 2016, 10:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Let's hike around three miles in a real nice place for this holiday time outing. We will pass by an old fire tower, also. Meeting place: Wilton Wildlife parking lot off Route 50 and Scout Road, Wilton. Bring your snowshoes and cold weather gear. Happy Holidays from Rich.

TUESDAY OUTING -HOLIDAY COOKIES - [Walk]

Tue, Dec 20, 2016, 10:00 am, Rating: C
Mo Coutant - 745-7834, mojim@roadrunner.com
- This is our annual walk around Moreau Lake with an ending at the warming hut to share cookies. I guess we eat lunch too, but I really only remember the cookies. So bring a beverage and some cookies to share! Last year we did it in the rain; hopefully it will be a little more wintery this year!!

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Dec 27, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This is break week, so I never know what I'll be doing. If I'm around and free, I'll try to do something kid friendly. Maybe a trip to Gurney Lane in Queensbury. Hmmmm.. snowshoe? walk? skate? sledding?

NEW YEARS DAY ANNUAL HIKE OR SNOWSHOE

Sun, Jan 1, 2017, 9:00 am, Rating: B+
Reg Prouty - 518-747-9736
Colead: Bob Aspholm - 518-683-4970
- Exact location and details TBA (probably Buck or Prospect Mountain).

TUESDAY OUTING - [Walk/Hike/Ski]

Tue, Jan 3, 2017, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 24th

DIAL AND NIPPLETOP, HIGH PEAKS - [Hike/Snowshoe]

Sat, Jan 7, 2017, 6:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Mike Fuller - 802-254-3314
or farmallboy55@hotmail.com
- Let's start getting in shape for snowshoes and winter hiking with some fine views. We'll hope for snow and a clear day. It will be 9.4 miles on the trail plus 4.8 miles on the Lake Road, with 4000 feet of elevation change. All sign ups and trip contacts to Wayne.

MONDAY MONTHLY GEOCACHE

Mon, Jan 9, 2017, time TBD, 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 OUTING - [Walk/Ski/Snowshoe]

Tue, Jan 10, 2017, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See Jan 24th

HIKING IN THE SWEDISH MOUNTAIN WILDERNESS PRESENTED BY RUBEN LINDSTROM FROM SWEDEN OUT-DOOR LIFE - [Program]

Wed, Jan 11, 2017, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- This program will be held at Saratoga Springs Public Library.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Jan 17, 2017, time TBD, Rating: B
Mo Coutant - 745-7834, mojim@roadrunner.com
- This date is near my birthday, so we'll be doing something up in the Adirondacks. Last year we skied in the Ausable Club Rd...on barely enough snow and went to Rainbow Falls. I haven't decided on the trip yet for this year, so stay tuned.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Jan 24, 2017, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- Depending on the conditions, we'll do either a walk, hike, snowshoe or ski. Most of the time within an hour of Glens Falls, but occasionally a bit further away, so call or email the weekend before to find out the plan for that week.

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

Sat, Jan 28, 2017, 9:00 am, Rating: C
Rich Crammond - 518-584-2380
- Just a nice little outing by the Hudson River. Around two miles

Outings Detail

of hiking or snowshoeing from and back to the Schuylerville Lock 5 area. We saw two eagles there last January so bring your field glasses and warm clothes. Meeting place: Hudson Crossing parking lot, Lock 5, Schuylerville area.

SKI BOTHERATION POND LOOP

Sun, Jan 29, 2017, 8:00 am, Rating: B+

Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com

- Join a backcountry tour near 13th Lake; we may be breaking

trail, so bring backcountry equipment. No beginners! This is a six-mile route with some ups and downs. Bring lunch, water, and adventurous spirit. Poor snow conditions will mean we go to nearby Garnet Hill ski center, which charges a fee. We may stop in North Creek for food/drink on the way back. Call/email by noon Saturday.

Trip Reviews

T-Lake Falls Sat, Aug 6, 2016, Nick Ringelberg

- It was a perfect August Day for a pleasant woodsy stroll. Starting at 9:30am, the first half of the hike in, about 2.5 miles, was on the South Branch Trail (#97, "Central Trails" Guide Book). This was an old logging road and although there are no trail markers, it was easy to follow it to the rock-hopping crossing of West Canada Creek. After searching for about 10 minutes, we found the well defined herd path and continued upstream on the east side of the creek, usually just a short distance away from it. Occasionally the herd path would peter out, but with a little searching, it would turn up again. The last of us reached the base of the falls at about 1pm and stayed about a half hour for lunch (some of us swam in the 8 foot deep pool at the base of the falls). Although the flow over the falls was only a small stream, you could tell from the smashed boulders and the sparse growth at the base that in spring time there must be a large volume of water. Reversing our direction, we found the way out a little easier to follow and we arrived back to our cars around 5pm.

Cook Mtn & Anthony's Nose Sun, Aug 7, 2016, Lorraine MacKenzie

- It turned out to be a beautiful day. We decided to start our trip by hiking up Record Hill. The summit had a good view of Anthony's Nose and Rodger's Rock. We then headed to Cook Mountain and got a glimpse of Anthony's Nose again. On the way back we stopped at Peggy's Point in Hague and got our feet wet in Lake George. All in all we visited 3 LGLC parks and had a wonderful time. Participants: Jack Whitney, Pat Desbiens, Sandy Yellen and Lorraine MacKenzie.

Tuesday evening Paddle Tue, Aug 9, 2016, Licia & Steve Mackey

- Hudson River Paddle: Schuylerville, 8/9/16: Don, Gwenne and John opted for Hudson Crossing's kayak access for the Hudson. At Joy's suggestion, the rest of us slid our kayaks onto the canal for a float through lock 5. (It was surprising how smooth our drop of 17' was.) We reassembled on the river to head downstream to the Battenkill's exit into the Hudson. Some saw green herons, kingfishers, and eastern kingbirds. We were thrilled to have an eagle fly overhead and perch above us. Heading south around the island, Steve spotted a geocache hanging on a tree. Don & Licia logged it. We had a nice chat with some folks enjoying their cocktails at their riverfront RV site. A hatch on Fish Creek enticed the fish, (which were jumping), the fishermen, and the great blue herons. We couldn't venture too far up the Fish as the water was low. We headed back to our access to claim a few picnic tables at the park for an enjoyable evening picnic. Participants: Don Thorn, Joy Murno, Tina Crook, Carolyn Curren, Stu Leinoff, Don Butler, Gwenne Rippon, John Schneider, Steve & Licia Mackey.

Allen "The Big Nasty" Sat, Aug 13, 2016, Mike Fuller

- This was my 5th time leading The Summer Allen. It had filled early and had a long waitlist, but the threat of rain and thunder made most cancel. We started out with an overcast morning sky and only had light rain after the gravel pit; the Opalescent was a

rock hop. No rain for the climb and the "Red Slime" was not as bad this year. We spent a half hour on the summit in the clouds but no rain. Coming down, we did have some views but could also hear the thunder moving in. Yes, we got downpoured on, but after our last water crossing it was just light rain back to the parking lot. Everyone was glad I didn't cancel the hike, and the rain helped cool us off with the heat. Marie, who was born in Cuba, called it a "Cuban Saturday." 5 wet happy souls: Jim Zwynenburg, John Kershko, Kearny Sagehorn, Marie Fernandez De Alaiza, and Mike Fuller.

Tuesday evening paddle Tue, Aug 23, 2016, Maureen Coutant

- This week we returned to the Hudson River and paddled upstream from Nolan Road in South Glens Falls. We were joined by Dave Naylor who paddles this section regularly and served as our guide. We explored the little back water that takes you right to the embankment south of the Northway. We saw an osprey perched in a branch overhanging the water. He didn't seem bothered by us as we paddled by to return to the main river. Although he did almost poop on Steve, so maybe he got a little too close! Then we explored another backwater on the north side of the river where we saw a very large great blue heron. After paddling by the remnants of the logging booms, we returned to our cars and saw a beautiful sunset. Participants: Mo Coutant, Judy Halstead, Mary Knutson, Licia & Steve Mackey, Dave Naylor, Malina Stawarz.

Boreas Ponds Sat, Aug 27, 2016, Steve Mackey

- I heard a few days before we left that you could mountain bike in. It was a little too late to change the trip, but it definitely would be a good/fast mountain bike trip. There were no signs saying they weren't allowed and everybody else we saw was mountain biking. We also decided that it would have been nice to have a boat. The view was outstanding, but it would have been better a little further out in the pond. We tried walking around a bit, to find another view, but were unsuccessful. I also thought that the Finch Pruyn Lodge was further around to the right (where almost all the pond is), but it was actually to the left and the route was posted. They are supposed to be dismantling it, and we were curious to see it, so you can chalk up another good reason to bring a boat. I think if we actually get snow this year, that I might lead a cross country ski trip in, in February. We had a good strong group and basically hiked about 2 hours each way. Allen was the closest high peak and it was just a little north of us. Someday it might be an interesting way to climb it. Participants: JP Martin, Erica Halbrook, Kim Brown, David Colomb, Joe Babcock, Lorraine Skibo, Colleen Downing, Jim Zwynenburg, Beau Bessen, Karen Burka, Joe Burka, Tim Ward, Steve Mackey.

Gothics (and Possibly Armstrong) Sun, Aug 28, 2016, Wayne Richter

- Even before hitting the trail, those of us coming up the Northway were treated to one of the best sunrises ever as we drove past Schroon Lake. We hiked up the Lake Road to the dam at Lower Ausable Lake, took in both the lower and upper views of

Trip Reviews

Rainbow Falls, and headed up the trail to Pyramid. We enjoyed the views there, then continued up to Gothics where we had a good while on the summit with lunch and views under most pleasant conditions. On to Armstrong with more views to be enjoyed until an ominous looking cloud suggested it might be time to go. Ominous was all it turned out to be as we stayed dry. Beaver Meadow Falls was another treat as the recent rains gave us a good flow. Although it was a fine day to be out, we had little company on the trail. Not to worry, though, as our congenial group provided all the good fellowship that we needed. Participants: Mary Dabulas, Jen Ferriss, John Hallock, Kerri Ketcham, Marlene Killian, Wayne Richter, Erin Roberts, Joan Scibetta and Jim Zwynenburg.

Tuesday Evening Paddle Tue, Sep 6, 2016, Maureen Coutant

- This week we ventured up to Northwest Bay on Lake George. It was a beautiful day and we enjoyed the winding paddle along the stream to the bay. Then we paddled a short way along the shore. On the way back we rescued a float that was released from a campsite. Too much to carry it out? They do deflate. We couldn't figure that out, but if anyone wants to borrow a float, let me know! Participants: Mo Coutant, Bob Glandon, Mark Janey, Licia Mackey, Jane Morrissey, Anne Paolano, Bob & Sandy Powell.

Indian Head and Fish-hawk Cliffs Sat, Sep 10, 2016, Reg Prouty

- We found out why there were so many cars going out to the boathouse as there was a big wedding with people from as far away as Norway occurring at 4:30 at the boathouse of the Ausable Club. As we began to do the climb on the Indian Head trail we ran into numerous people all dressed in white clothing and everything except hiking attire. One woman in a white dress said she left her hiking clothes in her other summer residence. Most of them had gotten bored with tennis and golf and found out there was a mountain with a great view. The rain was only light and shortlived as we left Fish Hawk Cliffs returning via Gill Brook. The flumes were very low on water due to the dry summer. All in all, it was a great day for enjoying both Ausable Lakes from above. 10 hikers: Reg Prouty, Linda Frees, Kim Gryga, Ray Boucher, Laura Fiske, Cathy Bunk, Annemeri Carberry, Liz Mulshine, Pam King-Hall and Lorraine Ruffing.

Dix Mountain Sun, Sep 11, 2016, Wayne Richter

- Our day started out with left over cloud cover and the threat of showers from the previous evening's cold front, but the clouds soon broke up to give us a mostly sunny day. In spite of blustery winds on the summit we spent quite a while enjoying the clear views and going over to the Beckhorn for a look. It was a small group after some late cancellations, but a fine hike. Participants: Wayne Richter, Jim Zwynenburg.

Monthly Monday Geocache Mon, Sep 12, 2016, Sarah King and Mo Coutant

- We had a wonderfully relaxing kayak along the lower west branch of the Sacandaga River where it enters Lake Algonquin in Wells, N.Y. Nine of us met at the Wells town beach off Route 30 in Wells. We were searching for 8 kayak caches that two local geocachers, who happened to be with us, had put out. Kayak caches are typically small pill bottles or like sized containers zip tied into branches or stumps along the waters edge, which can be grabbed from the seat of your kayak. We found all 8, although really 7 as one cache had gone missing. The cache owner promptly replaced it. We also had quite the eagle show by a young eagle that seemed to be as interested in us as we were in it! I didn't get any pictures but I think Mo might have. It is

a leisurely paddle up river through the main channel to a fork in the river where it gets too shallow and some rapids about 1.75 miles from beach. The weather was perfect and it was great to catch up with friends after taking the summer off from our monthly outings. Participants: Sarah King, Mo Coutant, Licia Mackey, John Corcoran, Joe Busch, Don Thorn, Marjory Moeller, Steve Gray, Diane Demetriou.

Moxham Mountain Sat, Sep 17, 2016, Rich Crammond

- It was another great day in the Adirondacks. The trail was busy with many hikers and their dogs. The north woods are very dry with low stream beds. Highlights of this outing were hiking with son Rich and two nice other people. We didn't see much wildlife; too many people, I guess, like on the Goodnow Mountain trail. Sure had a good time, though. Participants: Peter Bishop, Leslie Beadle, Richard Elvis Crammond, Rich Crammond.

Redfield&Cliff Mts. Sun, Sep 18, 2016, Ron Lester

- The best way to describe this hike is 15hrs, 53min ... we made it to both peaks ... and no, we did not get lost. This enthusiastic group consisted of Nick Destefano, Tom Esmond, Scot Jacoby, Lisa and Erik Jeschke (#44 & #45), Marlene Killian, Jim Zwynenburg, Melody Hoffmann and Ron Lester.

Amy's Park - RTL Sun, Sep 18, 2016, Lorraine MacKenzie

- This was the 3rd attempt for this trip and the saying "third time is a charm" applies. The skies were blue, the temperature cool and no insects! The trail was true to the LGLC pamphlet write up - flat, steep, ponds and mountain. Plenty of beaver activity but no beavers to be seen. It was a great day! 5 participants: Margie Litwin, Bill Carpenter, Pat Desbiens, Jack Whitney and Lorraine MacKenzie.

Tuesday evening Paddle Tue, Sep 20, 2016, Maureen Coutant

- So it turned out I couldn't do a trip in the evening, so we took Eric up on his offer to launch from his home on Lake George and then have lunch on his deck. It was a great morning out with very little wind. We decided to do something different and paddled across the lake and into Dunhams Bay. Eric and Paul had been there and wanted to show us the McMansion Beaver Lodge. Very impressive! Once we returned, a few people took a quick dip in the lake since it was still very warm. Great weather, great views, great company, great day!! Participants: Doug & Judy Beers, Mo Coutant, Paul Dietershagen, Mark Janey, Sarah King, Eric Krantz, Licia Mackey, Lynne Silverberg, Ruth Castonguay.

Marshall and plane crash site Sat, Sep 24, 2016, Mike Fuller

- This hike always fills early and we had a full group. After I handed out 10 pound bags of home grown Adirondack blue and red "patatas" a hiker briefing, and a beautiful clear morning and cool temps: "lets go." The first color was just starting in the maples and a fairly dry trail to Flowed Lands made for a great start. The view of Colden and Flowed Lands really brought out the cameras; that's wilderness. Herbert was a easy climb, with a little mud after the alpine bog. The summit was cool but we had great views of The Shepherd Tooth and could see hikers on Iroquois. Three of the group had to head back to get out early so John said he would go back with them. The rest of us headed to the plane wreck. Everyone had a great time sitting in the plane and having their picture taken. We regrouped at Lake Colden where Eric and Joe took the faster group and Mark and I took the slower. We were all out just before 9 and were treated to a beautiful Adirondack star filled night sky. Special thanks to Eric for co-leading and John for taking out the early group. A really

Trip Reviews

fun day and a great group. Participants: Jackie Bogardus, Erin Roberts, Mary Dabulas, Tom Esmond, Joe Babcock, Madeline Kennedy, David White, Cindy Halpern, Kearny Sagehorn, Josh Koran, Eric Kimmelman, Nicole Durocher Beaulne, John Sasso, Marlene Killian, and Mike Fuller.

North Saddle, Whitehall Sun, Sep 25, 2016, Jayne Boudier

- Six of us met Tim and Mary, the actual leaders, at the new trailhead. Everyone was well pleased with the terrain and views. Participants: Scott Anderson, Pete Bishop, Jayne Boudier, Chuck & Gail Helfer, Anthony Montague, and Tim & Mary Ward.

Hurricane Mtn - Fire Tower hike Tue, Sep 27, 2016, Maureen Coutant

- We had a great day for this hike. Although the fall color was delayed this year...only about 10-20% leaf change, which is really surprising. The views were still beautiful no matter where you looked. I think it was almost 20 years since I was on this mountain and although the fire tower was there, the first few flights of stairs had been removed so you couldn't climb up. Now we could walk right up and enjoy a view to VT and all the Adirondacks. Participants: Mo Coutant, Paul Dietershagen, Sarah King, Eric Krantz, Margie Litwin, Licia & Steve Mackey, Anne Paolano.

Nun-da-ga-o Ridge and Hurricane Sun, Oct 2, 2016, Wayne Richter

- All participants cancelled due to weather. The would-be leader went hiking anyway and enjoyed a dry day with great fall foliage.

Monthly Monday Geocache Mon, Oct 3, 2016, Sarah King and Mo Coutant

- 50% chance of rain in Blue Mountain Lake postponed this trip until Wednesday. The weather started out very foggy on the drive up with some wonderful vibrant color on the changing trees. We started our 2 mile hike up at 10am and found the trail to be slightly damp (due to the fog) and quite rocky in spots. We had 4 caches to find on the way up and one at the summit. It was a nice hike with careful footing on the trail, much of it worn down to bedrock. The temperatures were mild, we all ended up stripped down to tshirts on the way up. Coming to the summit and the fire tower, we quickly discovered the last cache here and headed up the fire tower, where the views of Blue Mountain Lake and beyond were spectacular. We had a leisurely lunch, found a benchmark and investigated a possible colvin bolt (from the original Verplank Colvin survey in 1899 according to Todd Earl), enjoyed the views and company and headed down slowly. We were back at the trailhead at 3pm. We ended up chatting with an employee of the radio tower company (?) who told us that the road up had been worked on last spring and over the summer and was in great shape for service vehicles only. We were surprised at the number of people hiking this trail on a Wednesday. Participants: Sarah King, Mo Countant, Licia Mackey, Todd Earl, Larry Eaton, and Heidi Kaufmann



Center for Outdoor Ethics | LNT.org

**Leave
No
Trace™**



Looking for a new smartphone app?
Check out our website for
suggestions:

www.adk-gfs.org

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.

Glens Falls Crandall Library:

Corner of Glen and South Streets
 Holden Room (2nd floor of library).
 From Exit 18, Broad into South to Glen Street.

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.



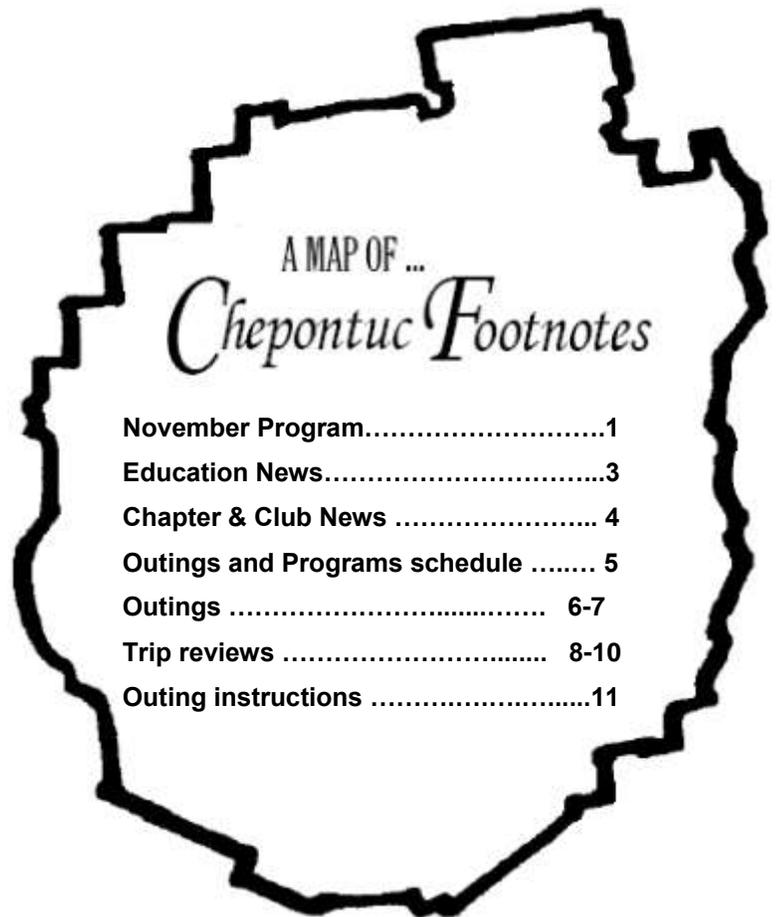
Are you moving?

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!



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