



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

Chepontuc Footnotes

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



Join us for one of our Many Programs this winter!

See page 7 for more details

January Program

Note : Original January Program Replaced by this one.

Date: Wednesday, January 11, 2017

Where: Saratoga Springs Public Library at 7 pm.

Title: "New York's Rarest Ecosystem and What You can can do to Protect it!"



February Program

Date: Wednesday, February 15, 2017

Where: Crandall Public Library at 7 pm

Title: "Survival on the Polar Ice Cap"

Presented by Peter Benoit

March Program

Date: Wednesday, March 22, 2017

Where: Saratoga Springs Public Library at 7 pm

Title: "Hiking in the Patagonian Andes"

Presented by John Schneider



Membership update

By Pat Desbiens

SEPTEMBER 2016

New Members

Patricia & Doug Ahrens, Ballston Spa
Frances & Walter Akstull, Clifton Park
Sam Cherubin, Saratoga Springs
Sandra & Timothy Cook, Clifton Park
Thomas & Donna Cosco, Saratoga Springs
Theresa Devlin, Queensbury
John Ditton, Wappingers Falls
Frank Endieveri, Glens Falls
Sharon & Richard Hillis, Cropseyville
Lauren Leblanc, Clifton Park
Chelsea McLaughlin, Schaghticoke
Stephen & Debra Meier, Queensbury
Anthony Montague, Greenwich
William Morrison, Saratoga Springs
Kellaine O'Malley, Greenwich
Grace Pamper, Saratoga Springs
Skyler Parkhurst, Saratoga Springs
Mabeth Perrins-Lesser & Michael J. Lesser, Gansevoort
Natalie White, Schenectady
Jacob & Kristen Wild, Queensbury
Melissa Williams, Saratoga Springs

Rejoined Members

Lori, Michael, Daniel & Grace Barber, Lake George
David Brooks, Irving, Texas
Chris & Christine Eberhardt, Greenfield Center
Marion Ferguson, Florence, Vermont
Sharyn Furman, Fort Ann
Kim, Paul & Peter Gryga, Queensbury
John Hemstreet, Broadalbin
Jim Malone & Susan Bain, Fort Myers, Florida

Kurt, Beth, Nathan, Claire & Oliver Mausert, Saratoga Springs
Cindy Oas, Rutland, Vermont
Sara, Michael, Lauren & Corinne Roberts, Queensbury
Mary Jo Salomon, Robert & Jake Locicero, Ballston Spa
Beau Stallard, Saratoga Springs
Kimberlee Wood, Argyle

New Affiliates

Cindy Michelin, Slingerlands
Jeff, Tori & Lexi Perry, Satellite Beach, Florida
Natalie Linck, Douglas, Noah & Naomi Rubinson, Cambridge, Massachusetts

OCTOBER 2016

New Members

Julie, James & Jemma Hayes, Ballston Spa
Sheila Nason, Glens Falls
Leah Royer, Ballston Lake
Carolyn & Maxwell Walker, Saratoga Springs

Rejoined Members

Peter, Daniela Belikis & Luc, Queensbury
Mike Bucek, Queensbury
Leona Center, Cambridge
Gary Guilfoyle, Ballston Spa
James & Regina Leach, Clifton Park
Lisa, Don, Jacob & Madelyn Lehman, Queensbury
Richard Sweeny, Chestertown
Brenda, Donald & Brooke Taber, Eagle Bridge

New Affiliate

Kathryn Riccobono, Hawthorn, New York

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

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Phone: 793-6484 treasurer@adk-gfs.org

Directors: director@adk-gfs.org
Phone: 692-8579 Tamara Van Ryn
Bill Wasilauski
Dan Kane

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Wilderness Jim Schneider
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Young Members Group Steve Lashomb
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Non-Voting Volunteers:
Fire Tower Correspondents
Phone: 668-3046 Kathi & Tim Noble



The awesome weather this past summer and fall allowed for some great hiking and for people to finish up the challenge. We have 110 completers so far for 2016! Don't forget about the winter challenge. Hike the tower trails from 12/21 to 3/21 to earn a winter rocker. Please remember that winter hiking should be taken very seriously. Be prepared with micro spikes, snowshoes, proper clothing, and food and emergency kits.

Lorraine and John Lorenc commented in their notes that they had reached the summit of Blue Mountain and, after descending the tower, Rhyan, one of the kids that they were with, said "I could see the whole world from the top." That really sums it all up as to why many of us hike the tower trail.

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

Miles Davitt, Yermo, CA
Bonnie Rondeau, AuSable Forks, NY
Denise McQuade, Schuylerville, NY
Christopher Post, Rhinebeck, NY
Brad Gawron, Valatie, NY
Cindy McKay, Clifton Park, NY
Lisa Soeller, Clifton Park, NY
Thora Blackwood, Mayfield, NY
Laura Fiske, Ballston Spa, NY
Michael McDonald, Latham, NY
Elizabeth Smith, Buffalo, NY
Laurel Allen, Peru, NY
Lorraine Lorenc, Burnt Hills, NY
John Lorenc, Burnt Hills, NY
Stephany Daley, Little Falls, NY
James Henrickson, Frankfort, NY

Sharon Kaelin, Utica, NY
Amanda Zdanowicz, Utica, NY
Mary Lamphear, Raquette Lake, NY
Suzanne Reedy, Castleton, VT
Paul VanSchaack, Saugerties, NY
Cheryl VanSchaack, Saugerties, NY
Stephen Savage, Johnstown, NY
Richard Kappes, Rensselaer, NY
Carol Gates, Lake Placid, NY
Darren Heffelfinger, Ballston Lake, NY
Joseph Murphy, Clifton Park, NY
Raymond O'Connor, Wilton, NY
Scott Anderson, Lake Luzerne, NY
Nathan Parker, Greenville, NY
Jacob Wilde, Queensbury, NY
Kristen Wilde, Queensbury, NY



Finishers Sharon Kaelin and Amanda Zdanowicz at the Bald Mountain Fire Tower!

Hats and T-shirts for the Fire Tower Challenge are now available at:

ADK

814 Goggins road
Lake George



or online at
adk.org/product-category/clothing

Outings and Programs Schedule

See adk-gfs.org website for latest calendar

| Date | Day | Type | Destination | Leader(s) | Rating |
|----------------------|-----|-------------------|---|----------------------------|--------|
| 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 |
| 4 | Wed | Meeting | Executive Committee monthly meeting | John Caffry | 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 | Cross Country Ski Touring in Sweden by Ruben Lundstrom from Sweden Outdoor Life | Sarah King | NR |
| 14 | Sat | Hike/Ski | Wilton Wildlife Trails | Reg Prouty | C |
| 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 |
| 28 | Sat | Walk/Ski/Snowshoe | Pyramid and Gothics | Steve Mackey | A+ |
| 29 | Sun | Ski | Ski Bothereation Pond Loop | Bill Schwarz | B+ |
| 31 | Tue | Walk/Ski/Snowshoe | Tuesday Outing | Maureen Coutant | NR |
| February 2017 | | | | | |
| 1 | Wed | Meeting | Executive Committee monthly meeting | John Caffry | NR |
| 4 | Sat | Hike | Nye and Street | Wayne Richter, Mike Fuller | A |
| 6 | Mon | Geocache | Monthly Monday Geocache | Sarah King, Mo Coutant | NR |
| 7 | Tue | Walk/Ski/Snowshoe | Tuesday Outing | Maureen Coutant | NR |
| 11 | Sat | Hike/Snowshoe | Valentine Snowshoe to Heart Pond | Reg Prouty | A- |
| 12 | Sun | Ski | Boreas Pond Ski Trip | Steve Mackey | B+ |
| 12 | Sun | Ski | Ski Pack Forest | Bill Schwarz | B |
| 14 | Tue | Walk/Ski/Snowshoe | Tuesday Outing | Maureen Coutant | NR |
| 15 | Wed | Program | Survival on the Polar Ice Cap by Peter Benoit | Sarah King | NR |
| 21 | Tue | Walk/Ski/Snowshoe | Tuesday Outing | Maureen Coutant | NR |
| 25 | Sat | Ski | Pine Pond Trail | Steve Mackey | B+ |
| 28 | Tue | Walk/Ski/Snowshoe | Tuesday Outing | Maureen Coutant | NR |
| March 2017 | | | | | |
| 1 | Wed | Meeting | Executive Committee monthly meeting | John Caffry | NR |
| 4 | Sat | Hike/Snowshoe | Moreau Lake Overlook | Reg Prouty | B |
| 6 | Mon | Geocache | Monthly Monday Geocache | Sarah King, Mo Coutant | NR |
| 7 | Tue | Walk/Ski/Snowshoe | Tuesday Outing | Maureen Coutant | NR |
| 14 | Tue | Walk/Ski/Snowshoe | Tuesday Outing | Maureen Coutant | NR |
| 18 | Sat | Hike | Allen: The Big Nasty in Winter | Wayne Richter, Mike Fuller | A+ |
| 21 | Tue | Walk/Hike | Tuesday Outing | Maureen Coutant | NR |
| 22 | Wed | Program | Patagonia with John Schneider | Sarah King | NR |
| 28 | Tue | Walk/Hike | Tuesday Outing | Maureen Coutant | NR |

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

- Bob has suggested this year that we visit a ridge just beyond Fifth Peak on the Tongue Mountain Range on Lake George where one can see the whole length of Northwest Bay at once. Round trip will be approximately 6 miles with about 1500 feet of ascent with some fairly steep spots. Microspikes and hopefully snowshoes will be needed by then. Plan on a full day trip to ring in the New Year!

TUESDAY OUTING - [Walk/Hike/Ski]

Tue, Jan 3, 2017, time TBD, Rating: NR

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

- See Jan 24th

EXECUTIVE COMMITTEE MONTHLY MEETING

Wed, Jan 4, 2017, 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).

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

CROSS COUNTRY SKI TOURING IN SWEDEN BY RUBEN**LUNDSTROM FROM SWEDEN OUTDOOR LIFE - [Program]**

Wed, Jan 11, 2017, 7:00 pm, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- This program will be held at Saratoga Springs Public Library. No reservations required.

WILTON WILDLIFE TRAILS - [Hike/Ski]

Sat, Jan 14, 2017, 9:00 am, Rating: C

Reg Prouty - 518-747-9736

- We will do a loop around the north side of the Wildlife Preserve of about 4-5 miles. If there is snow we will cross-country ski and if not, we will hike. A few gradual hills are encountered but it's mostly level.

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 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.

PYRAMID AND GOTHICS - [Walk/Ski/Snowshoe]

Sat, Jan 28, 2017, 6:30 am, Rating: A+

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

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

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.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Jan 31, 2017, time TBD, Rating: NR

Maureen 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.

EXECUTIVE COMMITTEE MONTHLY MEETING

Wed, Feb 1, 2017, 7:00 pm, Rating: NR

John Caffry - chapterchair@adk-gfs.org

- Board meeting at Saratoga-Wesley Health Center.

NYE AND STREET - [Hike]

Sat, Feb 4, 2017, 6:15 am, Rating: A

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

Colead: Mike Fuller - 802-254-3314

or farmallboy55@hotmail.com

- It's been a while for Nye and Street so this will be a welcome return trip. Though not for winter beginners, this pair is a good way to move up to the winter high peaks. We'll hope for snow and a clear day. Round trip is about 8.6 miles with about 2200 feet of elevation change. Meet at Panera at 6:15 or at Heart Lake at 8:00. All sign ups and trip contacts to Wayne.

MONTHLY MONDAY GEOCACHE

Mon, Feb 6, 2017, time TBD, Rating: NR
 Sarah King - 744-9348, 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/Ski/Snowshoe]

Tue, Feb 7, 2017, time TBD, Rating: NR
 Maureen Coutant - 745-7834, mojim@roadrunner.com
 - See Feb 28th

VALENTINE SNOWSHOE TO HEART POND - [Hike/Snowshoe]

Sat, Feb 11, 2017, 8:00 am, Rating: A-
 Reg Prouty - 518-747-9736
 - This 5.4 mile loop in the Putnam Pond area of the Pharaoh Lake Wilderness Area is a very enjoyable way to celebrate the weekend before Valentine's Day. There is only 450 ft. of elevation gain. There is a cave filled with iron tailings and a topped iron boiler near Rock Pond. Plan on a full day snowshoe.

BOREAS POND SKI TRIP

Sun, Feb 12, 2017, 7:00 am, Rating: B+
 Steve Mackey - 793-6484, smackey33@verizon.net
 - I mentioned in my write up of this trip (which we did in August), that this would be an excellent ski trip. The road in is fairly gentle. It does have some hills, but they shouldn't be difficult. I'm not sure how far they will plow, so this is either a 6-7 mile round trip, or a 12-13 mile round trip. If the inner parking area is open, we might need four wheel or all wheel drive vehicles to get there safely. We also might have to break trail, but I'm guessing this will be a popular destination, and it will already be broken. We should be able to ski around the lakes a bit, if the ice is safe, so that will be a nice bonus. The views of the Great Range from the ponds are outstanding. Lack of good skiing conditions will cancel.

SKI PACK FOREST

Sun, Feb 12, 2017, 8:00 am, Rating: B
 Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
 - I tried this last January--scouted it Thursday, it looked good, and then it rained Friday. Oh well, better luck this time. Pack Forest is a demonstration woodland just north of Warrensburg with a honeycomb of somewhat gentle and wide trails, but is not groomed. We'll ski about six miles. No snow? We'll hike; it's happened before. Call/email by noon Saturday.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Feb 14, 2017, time TBD, Rating: NR
 Maureen Coutant - 745-7834, mojim@roadrunner.com
 - See Feb 28th

SURVIVAL ON THE POLAR ICE CAP PRESENTED BY PETER BENOIT. - [Program]

Wed, Feb 15, 2017, 7:00 pm, Rating: NR
 Sarah King - 798-0615, scubakings@roadrunner.com
 - This program will be held at Crandall Public Library.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Feb 21, 2017, time TBD, Rating: NR
 Maureen Coutant - 745-7834, mojim@roadrunner.com
 - See Feb 28th

PINE POND TRAIL - [Ski]

Sat, Feb 25, 2017, 7:00 am, Rating: B+
 Steve Mackey - 793-6484, smackey33@verizon.net
 - I tried to lead this last winter, but as every one knows we didn't ever get any snow. I read about this trip in the Adirondack Explorer. In the Nov/Dec 2015 issue they wrote about "The old road to Oseetah." It is a little south of Lake Placid and Saranac Lake. It involves spotting a car, but it looks like it wouldn't involve too much extra driving. The trail is around 9 miles and fairly gentle. The article said, "This can be a reasonable outing even for a novice skier in good shape. The terrain is mellow, and most people will find the downhill fun rather than scary. As a bonus, there is much more downhill than uphill." Last year we scouted out about half of it, but we weren't able to get out onto Oseetah Lake. Worst case, we will get the GPS coordinates of the car we drop off, and head towards it after the Lake.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Feb 28, 2017, time TBD, Rating: NR
 Maureen 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.

EXECUTIVE COMMITTEE MONTHLY MEETING

Wed, Mar 1, 2017, 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).

MOREAU LAKE OVERLOOK - [Hike/Snowshoe]

Sat, Mar 4, 2017, 9:00 am, Rating: B
 Reg Prouty - 518-747-9736
 - This counterclockwise loop in Moreau Lake State Park is a steady, gradual climb up to part of the Western Ridge Trail where we go left on the red trail to the summit, returning via the green trail. It will be about 6 miles round trip so bring snowshoes, microspikes, a lunch and enjoy a late winter day in the woods.

MONTHLY MONDAY GEOCACHE

Mon, Mar 6, 2017, time TBD, Rating: NR
 Sarah King - 744-9348, 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/Ski/Snowshoe]

Tue, Mar 7, 2017, time TBD, Rating: NR
 Maureen Coutant - 745-7834, mojim@roadrunner.com
 - See March 28th

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Mar 14, 2017, time TBD, Rating: NR
 Maureen Coutant - 745-7834, mojim@roadrunner.com
 - See March 28th

ALLEN: THE BIG NASTY IN WINTER - [Hike]

Sat, Mar 18, 2017, 5:15 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Mike Fuller - 802-254-3314
or farmallboy55@hotmail.com

- Join us for the last weekend of the formal winter season as we tackle the Big Nasty in winter. Our reward for a long trek up should be a fabulous slide on the way down, We'll hope for clear skies so the 3/4 plus moon will light our way out. This is a long hike at around 18 miles so you must be in good winter shape with snowshoeing experience. Meet at Panera at 5:15 or at the Upper Works trailhead at 7:00. All sign ups and trip contacts to Wayne.

TUESDAY OUTING - [Walk/Hike]

Tue, Mar 21, 2017, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com

- See March 28th

PATAGONIA WITH JOHN SCHNEIDER - [Program]

Wed, Mar 22, 2017, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- This will be a joint program with Southern Adirondack Audubon Society and will be held at Saratoga Springs Public Library.

TUESDAY OUTING - [Walk/Hike]

Tue, Mar 28, 2017, time TBD, Rating: NR
Maureen 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.

Program Details continued from page 1

January 11 Program presented by Kayla White 7pm at Saratoga Library

On top of the tallest mountains in the Adirondacks, there lives a fragile alpine ecosystem. There are 27 rare, threatened, and endangered arctic tundra plants that are specially adapted to harsh mountain weather. The High Peaks Summit Stewardship Program has worked to educate hikers on the importance of protecting alpine vegetation through responsible recreation and conservation.

Come hear Adirondack Mountain Club's Summit Steward Coordinator, Kayla White, on New York's rarest ecosystem and what you can do to protect it.

February 15 Program presented by Peter Benoit 7pm at Crandall Library on Polar Icecap

Peter Benoit has been an active member of the Adirondack Mountain Club for over 30 years and currently sits on the Personnel Committee of ADK's Board of Directors. Peter is the Finance Director of the Lower Adirondack Search and Rescue Team based in Warrensburg, NY. He joined the Team when it formed in 1990 and served as President from 2000-2008. He is certified by the NYS DEC Forest Rangers as a Crew Boss and is an Adirondack 46er and an aspiring winter 46er. He is a former New York State Licensed Outdoor Guide. An avid photographer, hiker and winter mountaineer, Peter lives in Queensbury.

Survival on the Polar Ice, In Peter's own words:

"At 12:30 p.m. GMT on April 14, 1996, the Spirit of Scotia landed at Ice Station Ruby on the polar ice cap. It was -55°F and then it got colder! We were now officially part of Kool School.

"I was one of five civilians to join 22 Air Force personnel in a three-day mission to simulate survival of a downed aircraft on the ice cap. The 109 Air Lift Wing, based at Stratton Air Force Base in Scotia, is charged with supporting military and National Science Foundation research staff at the South Pole. In order to remain qualified for those long flights, C-130 crew members must be recertified in cold weather survival conditions.

"We were tasked with building shelters for personal protection, maintaining our extreme cold weather clothing systems to prevent hypothermia and to ensure we have adequate food and water. Failure to plan was planning to fail. Several problems threatened the lives of several Kool School team members. In the end, we all endured."

Learn how Peter Benoit of Queensbury and two dozen others were trained to survive at "Kool School" on the polar ice cap. Air National Guard personnel and civilian guests participated in the extreme cold weather survival program organized by the 109th Airlift Wing at Stratton Air National Guard Base in Schenectady, NY.

March 15 Program presented by John Schneider on Hiking in Patagonia 7pm at Saratoga Library

In Spring of 2016 John Schneider spent two weeks hiking in Patagonia of South America. He trekked the famous "W Route" on a four-day hike in Torres Del Paine National Park in Chile. He also hiked in the area of 8,000 foot high Mount Fitz Roy in Los Claciales National Park in Argentina. On his hikes he saw a number of iconic South American animals, including guanacos (wild members of the llama family), rheas (ostrich-like flightless birds), and even had glimpses of Andean Condors. He saw many glaciers and took a boat ride up to the three-prong face of Grey Glacier. Come and join John as he takes you through a very picturesque part of South America's Andes Mountains.

Trip Reviews

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, and we all ended up stripped down to tee shirts 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.

Tuesday paddle Tue, Oct 4, 2016, Maureen Coutant

- This week we went up to Brant Lake and paddled about 6 miles ... I think. The colors weren't peak by any means, but it was a beautiful day and we all had a nice time enjoying the area. Participants: Mo Coutant, Bob Glandon, Sarah King, Licia Mackey, Liz Mulshine, Lynne Silverberg.

Queensbury Land Conservancy Trails=Pick Two TBA Sat, Oct 8, 2016, Reg Prouty

- The weather was great for two nice loop trails near the Hudson River on the south side of the Corinth Road. As of this writing, there will most likely be a connecting trail over a bridge that will link the Leon P. Steves Trail with the Hudson Pointe loop. It will be able to be done as a through hike by spotting cars. Just be aware of racing ATVs on the Steves trail as a friend of mine and I almost got run over on Columbus Day by two teen age boys speeding over a hill and around a sharp curve. It is a shame that a lot of work done by Mr. Steves and the Town of Queensbury Land Conservancy could be ruined by such trespassing. Reg Prouty, Rose Naylor, Sue Willett, Mike Marsh, and Val Hoebel.

Mount Marcy Sat, Oct 15, 2016, Steve Mackey

- It's hard to describe the day without mentioning that there were more people hiking than I have ever seen before. The lot at the LOJ was full and we had to park half way down the big hill on the Loj road. Other than that, it was a beautiful day, and the trail was relatively mud free. There was a little bit of ice up high, but not a significant amount. We got out just before dark, but it was close. Most of us stopped for dinner at the Noonmark Diner. Participants: Joe Babcock, Jim Zwynenburg, Susan Howard, Dave Twila, Mary Dabulas, Anne Mania, Laura Diebold, Joselyn Songer, Maureen Laskey, Steve Mackey.

Gore Mountain Fire Tower Hike Sat, Oct 15, 2016, Rich Crammond

- Another great day in the 'dacks; cool temps and nice sun. We saw one ruffed grouse, one deer and one Neal Andrews, an ol'

hiker friend from the 90s. Thank you Neal for all the great hikes you've led. Everyone did well on this outing. Thanks buds for joining me. It just didn't get no better. Participants: Scott Anderson, Theresa Devlin, Peter Bishop, Brenda Arley, Rich Crammond.

Round Pond from Sharps Bridge Campground Sun, Oct 16, 2016, Bill Schwarz

- A group of 6 hikers-all new to the leader-enjoyed a 7-mile round-trip tour to Round (?) Pond, in North Hudson. The trailhead is right on US Rt. 9 at Sharps Bridge. The aspiring botanists among us found plenty to catalogue, and the trail was mild enough that, except for short steep parts, it could be skiable. We had lunch at the pond, and then a leisurely return with plenty of fall foliage to view. Participants: Karen Burka, Karin Gossweiler, Mary Grueniger, John Hallock, Bill Schwarz, Joe Wagner, Mary-Beth Wagner.

Tuesday Paddle Tue, Oct 18, 2016, Maureen Coutant

- We had a beautiful day for our last paddle of the season. It was a warm day with bright sunshine and the trees still had plenty of colorful leaves making it a spectacular day. We paddled around the circumference of Glen Lake and then wound up on the deck of Licia's camp for a pot luck lunch! It was so great! What a beautiful day and great food. Sorry if you missed it! Participants: Mo Coutant, Todd Earl, Bill Glendening, Bonnie Hagan, Mark Janey, Heidi Kaufmann, Sarah King, Gertrude Lulla, Joy Munro, John Schneider, Lynne Silverberg.

Young Members: Reel Rock Film Tour Wed, Oct 19, 2016, Stephanie Gaudons

- We had a group of 7 meet up at RPI to watch the Reel Rock Film Tour. There were many, many raffle items raffled off during intermission, a few of which were even won by those in our group! The films were interesting and inspiring and certainly got us excited to get back outside. Participants included John Robinson, Eric Adamchick, Dani Lloyd, Ted Letcher, Alisa Nurminen, Joe Durma, Kelly Durma, and Stephanie Gaudons.

Mt. Colden via Lake Colden Sat, Oct 22, 2016, Wayne Richter

- With car trouble and an unfavorable forecast, we fell from fifteen to five in four days (how's that for alliteration?), but five of us did indeed turn out for winter's first pass at the high peaks. Due to the possibility of icing, we went up and down via Lake Arnold, rather than taking the steep and exposed trail up from Lake Colden as planned. We started out in light rain, passed to sleet near the summit and finished in snow with about an inch on the cars in the parking lot. In contrast to recent weeks, we had very little company on the trail. What we did have was water, and plenty of it; in spite of very little precipitation during the day, the streams came up quite a bit between our ascent and descent, a reminder of how much conditions can change during heavy rainfall. A scenic highlight was a substantial cascade in a stream to the west of the trail on the way to Lake Arnold. I had never noticed it before, but it stood out prominently with the rushing water. Not too far below the summit, we began finding a layer of ice on the branches with drips frozen into place, indicating sub-freezing temperatures. Fortunately, the ground was still warm and we did not encounter ice under foot except in one small spot (we all had microspikes, just in case). Our summit time was brief in the wind-driven sleet, socked in by the low clouds. No views today! After lunch in a sheltered spot below the summit, we hiked out to finish well before dark. Participants: Maria Alvarez, Morgan Hanaway, Marcus Harazin, Wayne Richter, Sue Servatius.

Trip Reviews

Goodnow Mountain - Fire Tower hike Tue, Oct 25, 2016, Maureen Coutant

- We had a taste of winter on this hike, but only on the top 1/3 of the mountain. It looked like fall on the bottom, but it was a chilly day. It had snowed a little bit and it stuck around in the higher elevations. Luckily it was only a dusting of snow and had been worn off the trail, but it did stick to the walkway boards through muddy areas. So we had to be careful, but no one needed to pull out their microspikes! The fire tower was open and most of us ventured up and into the cab. It seemed to get windier with each flight of stairs we climbed. The roof was rattling and no one stayed too long after taking in the view. After some snacks and Sarah and Licia finding a geocache, we all headed down. One more fire tower to check off on the Fire tower Challenge list! Participants: Annemarie Carberry, Mo Coutant, Sue Howard, Sarah King, Margie Litwin, Licia & Steve Mackey, Pat Marsh, Kathi Noble, Laurie Williams.

Tuesday Outing Tue, Nov 1, 2016, Maureen Coutant

- We'd had a snow storm which brought down some limbs and trees in the Queensbury area the prior week, so we decided to bring some clippers to cut and move anything small on the Rush Pond trail. But by Tuesday the Queensbury Rec person and/or other good citizens had done it for us. We had a great walk on a nice fall day. If you haven't checked out the Rush Pond Trail ... you should give it a try. Nice spot to get some exercise in Queensbury. Participants: Mo Coutant, Tina Crook, Paul Dieter-shagen, Heidi Kaufmann, Sarah King, Eric Krantz, Leland & Mary Loose, Licia Mackey, Pat Marsh, Joy Munro, George & Irene Sammons, Barb Tomko & Bill Wasilowski, Donna & Peter Wood.

Pitchoff Traverse Sat, Nov 5, 2016, Reg Prouty

- This 5.7 mile B+ traverse turned out to be more of a 7.5 mile A hike that took 7 1/2 hours to complete due to either inaccurate information in the guide book or recent avalanches since the book was published. Although it had been some time since I had led this hike we never needed rope before to navigate this trail. We were lucky thanks to Nick Ringelberg who had a 20 foot coil of lifeline rope in his pack. About 2/3 through the trail we came to a vertical drop of about 25 feet straight down, which without the rope lowering one person down at a time would have warranted a turnaround at this point. The highpoint of the day was the balancing rocks although we could not see the Cascade lakes due to heavy clouds and foggy conditions. Later on, though, it did clear up and the clouds lifted to afford excellent views to the north and east toward Green Mtn. We finally made it out about 7 PM just after sunset. So if anyone plans to do this traverse now, make sure to do it from west to east and carry a 25 foot length of rope that will support 200 pounds or more. Thanks again to Nick! Eight hikers: Reg Prouty, Marge Grosser, Dan Hagen, Nick Ringelberg, Margie Litwin, Linda Frees, Ray Boucher and Christina Bombard.

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

- Another fire tower done! We drove about 1.5 hours to Caroga Lake and Kane Mountain, heading to the Green Lake Road parking. Once there, we saw two trails, the yellow longer trail and the red, which was listed as shorter but maybe steeper. We went up the longer yellow 1.2 mile trail and found the trail to be muddy in spots and leaf covered. Temperatures were really mild for early October. We got to the summit, climbed the tower, which unfortunately has some graffiti in the cabin, and admired the awesome views. We had lunch on the rock slabs around the tower and found the geocache just past the tower. We decided to try the shorter red (.6 mile) trail back down and actually thought it was a better trail. It wasn't as steep as we had heard it would be. Once we returned to the parking lot, we refueled on some homemade

treats and then headed out on the 4 mile round trip trail to Stewart Lake and Indian Lake. A nice quiet trail with a waterfall, some ups and downs and two beautiful lakes. Three more caches and we were back to the parking lot at 3:30. Another great day out with good friends. Participants: Sarah King, Mo Coutant, Licia Mackey, Todd Earl, Steve Gray, Diane Demetriou and Mike Marsh.

Tuesday Outing Tue, Nov 8, 2016, Maureen Coutant

- We met at the Moreau State Park entrance, arranged car pools and then went to the new parking lot for the Lake Bonita trail. This is a new area that the Park acquired due to the prison closing. What a benefit for the Park and all those that use it. Laurie Williams, our resident MSP expert, was our guide for the trip. I was surprised at how close the Lake was to the parking area. What a great loop trail around the lake for when you don't have a ton of time but want to get some exercise. We went to the pump house at one end of the lake and then continued on to Lake Anne. The terrain was very gentle with just minor ups and downs. This approach to Lake Anne is much gentler than from the access by the Hudson River. You climb most of the elevation in your car getting to the Lake Bonita trailhead. Thanks Laurie for suggesting and leading this hike for us! I think all of us will be back many times!! Participants: Gordon & Linda Bigger, Mo Coutant, Tina Crook, Bill Glendening, Nancy Kimball, Sarah King, Mary Knutson, Eric Krantz, Leland & Mary Loose, Licia Mackey, Joy & Mark Munro, Kathi Noble, Anne Paolano, Kendra Pratt, George Sammons, Jim Ralston, Laurie Williams, Donna & Peter, Susan ?, and ?? Day?

AD Headquarters Workday Sat, Nov 12, 2016, Mo Coutant

- Thank you, thank you, thank you!! We got almost everything done with a fairly small crew! I came back with a couple of others later in the week and we finished up the little bit of raking that we didn't get to on Saturday! Thanks again everyone!

Tuesday Outing -FTC hike Tue, Nov 15, 2016, Maureen Coutant

- Back in October for our Goodnow fire tower hike, Laurie came to the meeting place thinking we were going to hike Poke-O-Moonshine. We couldn't figure out why she thought that, but it planted a seed and I decided to do it this month for her ... and then she had to work!! But the rest of us had an amazing fall day to do this great hike. The temperature got into the 60s and although it rained in the Glens Falls area earlier in the day, we didn't have any rain until driving home. The hike is along the bottom of an amazing cliff face and you get to see the impressive rock step work done by our very own ADK trail crew. You hike by huge boulders, and near the top the remains of the cabin, a lean-to and then up to the top for a fabulous view along the ridge and up in the tower. We did the trip as a loop and on the way down saw the remains of a bunch of beaver lodges, dams, & ponds and heard (Steve saw) an owl. Lots of goodies were shared and we also found all the geocaches along the way for Sarah! Participants: Mo Coutant, Rich Elton, Sarah King, Licia & Steve Mackey, Kathi Noble.

Overlook Mountain Sun, Nov 20, 2016, Steve Mackey

- I only had one person sign up, and the weather was terrible to boot, so I canceled. Hopefully I will reschedule this, because I've heard good things about this mountain.



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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.



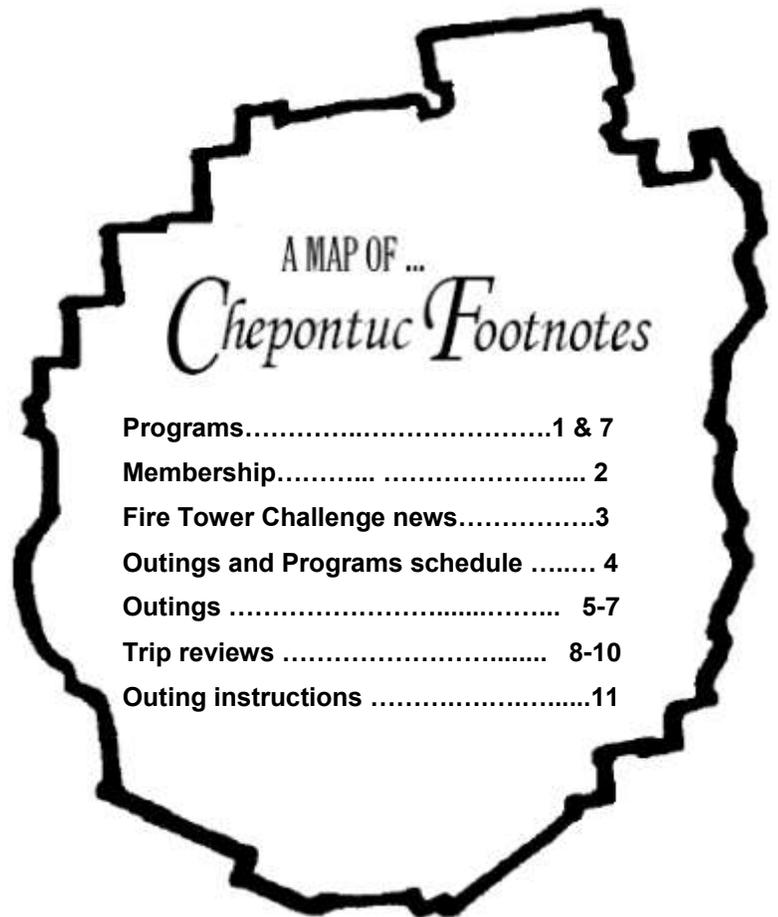
Are you moving?

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!



A MAP OF ...
Chepontuc Footnotes

| | |
|--|------------------|
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| Membership..... | 2 |
| Fire Tower Challenge news..... | 3 |
| Outings and Programs schedule | 4 |
| Outings | 5-7 |
| Trip reviews | 8-10 |
| Outing instructions | 11 |

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