



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

March Program

Date: Wednesday, March 22, 2017

Where: Saratoga Springs Public Library at 7pm

Title: "Hiking in the Patagonian Andes" Presented by: John Schneider

To me, when I used to hear the word "Patagonia," I imagined all sorts of wonderful hiking and sightseeing in the lower part of South America. Last spring I had the marvelous opportunity to spend time hiking in two wonderful national parks in the Andean Mountains of Argentina and Chile. I spent four days hiking one of the iconic hiking treks in the world, the "W Route" in Torres Del Paine National Park in Chile. This part of the trip saw us first hiking to the base of the "torres," towers, for which the park is named. The following three days we through-hiked, staying overnight in full-service camps. We ended this trip on a lake with a boat ride along the terminus of a glacier and then nine miles to the other end of the lake. In Argentina we spent two days hiking in Los Glaciares National Park. We hiked in the area of Mount Fitz Roy, the highest peak of this park and named after the captain of the HMS Beagle. Spending much time travelling in vans also allowed us to experience a very, very small part of the grasslands (pampas) in this sparsely inhabited area of these two countries.



On this trip I saw a number of iconic South American animals, including guanacos (wild members of the llama family), rheas (ostrich-like flightless birds), a number of Andean Condors (the world's largest flying birds), the endangered South Andean deer (guemal or huemul), and a number of birds I was not able to identify.



Come join us as we deal with a broken hiking boot on the second day of our four-day hike, and view lakes, flowering plants, birds and other marvelous sights. Come with us as we visit a town that was founded in the 1985 as part of a border dispute between Argentina and Chile.

I'll end the program with aerial views of a number of glaciers from the world's second largest non-polar ice field. The flow of these "rivers of ice" is amazing to behold.

Find more of our exciting programs inside!

Membership Update

By Pat Desbiens

November 2016 - New Members

Marcie Buban and Dr. James Hindson, Queensbury
Virginia Campbell, Schroon Lake
Kathryn Fitzgerald, Saratoga Springs
James & Pat Gray, Clifton Park
Joan Lawrence, Ballston Spa
Carol & Fred Margulies, Malta
Stephanie Myers, Greenfield Center
Jeri & Jerrald Ogle, Milton, Vermont
Kjeld & Margaret Schou, Fort Edward
Roger Shisler, Ballston Spa
Sara Stewart & Poki Pagter-Newton, Claremont, New Hampshire
Brenden Welch, Lake Luzerne

November 2016 - Rejoined Members

Wendy Buhmaster, Lake Luzerne
David & Kathleen Kelly, Ballston Lake
Ruth-Andrea Levinson and Bahram Keramati, Saratoga Springs
Ronald Mackowiak, Queensbury
Jacques & Lorinda Marchand, Quakertown, Pennsylvania
Richard Miller, Ballston Lake
Marne Onderdonk, Saratoga Springs
J.A. Smith, Ballston Spa
Jan Wolski, Cambridge

December 2016 - New Members

Kelly Balbian, Galway
David Bancroft, Fort Ann
Laurie & Jeremy Carr, Mine Hill, New Jersey
Mrs. Robert Cowan, Queensbury
Simon Dickey, Glens Falls
William & Stephanie Frederick, Salem
Thomas, Shannon, Matthew & Leah Jones, West Charlton
Daniel Korff, Clifton Park
Melinda & Adam Kowalski, Saratoga Springs
Ken Kramer, Saratoga Springs
Robert Liberty, Ballston Spa
Priscilla Moody, Queensbury
Jane & Ronald Parsons, Glens Falls
Lane & Cathy Pelletier, Glenville
David, Haley & Charlotte Pulli, Gansevoort
Thomas Rhodes, Saratoga Springs
Jeff, Lisa & Rachel Rhodes, Saratoga Springs
Michael Rhodes, Saratoga Springs
George Seymour, Burnt Hills
Benjamin & Michelle Watrous, Rock City Falls

December 2016 - Rejoined Members

James Gedney, Cambridge



Did you know?? You can choose to view your newsletter online! Save a tree and go to www.adk-gfs.org and click on opt out of newsletter.

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

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Phone: 401-529-5034 conservation@adk-gfs.org

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Wilderness

Phone: 581-9367 wilderness@adk-gfs.org

Young Members Group

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

Non-Voting Volunteers:

Fire Tower

Phone: 668-3046 firetower@adk-gfs.org

Annual Dinner Coordinator **Anne Paolano**

Phone: 798-3055 annualdinner@adk-gfs.org

Alternate Directors:

Peter Benoit

Neal Andrews

7/29/62-12/11/16



The hiking community, near and far, lost a great leader this past December. The Glens Falls- Saratoga Chapter of ADK lost a legendary hike leader, tireless volunteer, and member willing to step in when needed. Neal Andrews helped many Chapter members and others become 46rs, learn map & compass skills, or push their limit on a regular hike. He was a 46r, winter 46r, climbed the highest peaks in the 50 states, and travelled the world with others to hike some of the highest peaks. Those who travelled with him have no shortage of amazing tales of the adventures and we would sometimes hear little snippets of them during a Chapter Programs. It seems like most of the funny stories revolve around the lodging Neal would find rather than the hike!

If you were a member 10-20 years ago, you'll probably remember reading trip write-ups for hikes like the Great Range in a Day or something equally challenging. In all likelihood, these would be Neal hikes! They definitely weren't for everyone, but for those who were able to go on those trips it was a unique opportunity. We can't even imagine how many ADK members are now 46ers thanks to Neal and I'm sure they all have a story to tell! But Neal would also lead other hikes for ADKers and friends who might not be up to an all-day adventure. One of those hikes was a full moon hike on the east side of Lake George which was very well attended and I know stays in my memory as a favorite hike. I also remember him organizing a trip to Campmor outside of NYC.

But Neal didn't just lead outings for the Chapter, he also quietly led the Chapter as the Chapter Chair. Neal might not have always agreed with the bureaucracy of the organization, but he knew the importance of the Chapter's work and was willing to help out and took on this responsibility. We always have difficulty filling these administrative duties and when we had a Vice Chair who wasn't able to step up into the Chair position, Neal came to the rescue and filled in again as our Chapter Chair. I'll never forget that and have always appreciated his willingness to do this.

Finally, trail work! That's another area where Neal would go above and beyond. Neal was a regular on the Chapter's Annual Trail Work Day on Tongue Mountain at the end of April and on the Northville Placid work weekends that the Chapter used to do. In the past decade, he would sometimes show up with some kids from the Albany refugee community. He would also be there when a call for help went out after a hurricane or storm and in early December he joined in an impromptu work party of chopping wood for an Executive Committee Member who'd hurt his back.

Outside of ADK, Neal spearheaded a program to send refugee children to summer camp. Neal did everything from raise money, collect donated items for the kids and families, arrange for sponsorships at many camps throughout New England, and drop off and pick up the kids. He became very close to the families and many of the kids called him Uncle Neal.

In Honor of Neal, the Chapter is:

- *Sending a donation in memory of Neal to his organization *Refugees To Camp* which sent close to 500 kids to camp.
- *There will also be a few Memorial Hikes over the next few months by hike leaders who knew Neal, so look in the Outing Schedule if you'd like to attend one.
- *Finally, if you'd like to share a story about one of your hikes with Neal, send them to the Newsletter Chair and we'll put excerpts in the next newsletter. You can also visit Neal's Facebook page to see other people's remembrances and tributes. See page 8 for a story about Neal.

~Maureen (Mo) Coutant

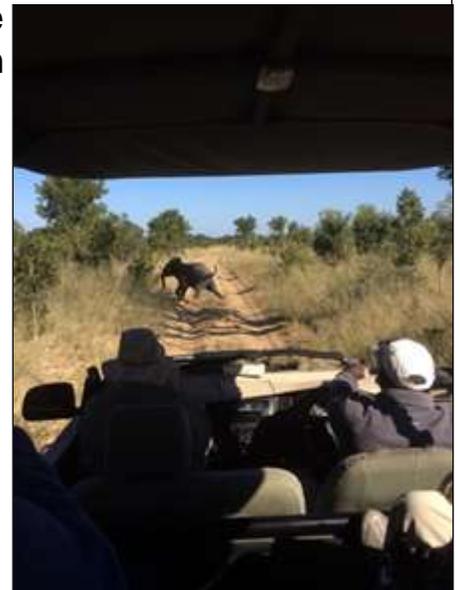
April Program

Neal and Edna Van Dorsten
- Africa talk, April 26

Neal and Edna Van Dorsten will present “The Dark Continent,” an illustrated slide talk on the wildlife and history of southern Africa, on Wednesday, April 26. This is a joint program with Southern Adirondack Audubon Society. The program will be held in the Christine L. McDonald Community Room on the lower level of Crandall Library in downtown Glens Falls. The program starts at 7 p.m. and is free to the public.

This presentation will include highlights of their flying safari in southern Africa, including adventures in South Africa, Zimbabwe and Botswana. Their wildlife photos will include both common and rare birds and animals. They will also discuss the logistics of the trip, interesting sidelines and problems that may be encountered on a trip like this. They'll also discuss the cultural diversity and history of that region.

Neal and Edna Van Dorsten reside in Bolton Landing and share a love of travel. Their other recent trips include the Amazon, Alaska and the western United States and Canada. Edna also pursues her love of archaeology and bird watching, and Neal enjoys adventure travel and flying, including self-flying safaris in Africa. The Van Dorstens own a private aircraft, which facilitates many trips to unique and interesting destinations. On their last trip to Africa, this past May, they were joined by Diane James, the former postmaster in Bolton Landing.



Please avoid wearing fragranced products to the program. Fragranced products trigger allergies, asthma and migraines in others attending the event.

May Program

“The ADK Fire Tower Challenge from a Historical Perspective”

presented by Laurie Rankin

Wednesday, May 17th 7:00 PM

Crandall Library Community Room in Glens Falls



Everyone enjoys the views from the cab of a fire tower, but why are they there in the first place? Please join Laurie Rankin, Director of the NYS Chapter of the Forest Fire Lookout Association for an in depth look at why fire towers were placed on so many of the mountaintops in the Adirondacks. After you see and hear all of the details, you will be looking at things a bit differently on your next hike to one. Perhaps you will even want to get involved in restoring one.

Along with being the NYS Chapter Director of the FFLA, Laurie is the daughter of the last full time Fire Tower Observer on Balsam Lake Mountain in the Catskills, an ADK Fire Tower Challenge finisher, and an avid hiker who has completed the NE 115 in both summer and winter. Laurie is currently enjoying taking the grandchildren to revisit these special places and get the views from on high.



Goodnow mountain Fire Tower 1992

~Bill Waisaliuski

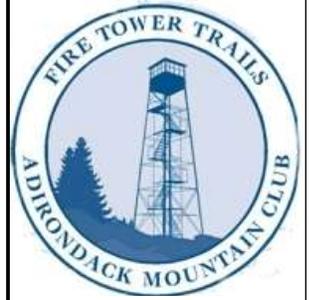


Hunter mountain fire tower shadow 2016.

~Bill Waisaliuski

Winter hasn't deterred many of you from hiking. On The Facebook page, Adirondack Fire Tower Challenge, there have been postings and pictures from winter hikes on the fire tower trails. We're looking forward to receiving your completion letters. Winter rockers are only \$2.00.

Patti Burnett got involved in the challenge as a "mid life crisis" project. In her journal she stated, "I've learned so much about myself and what I'm capable of doing. I just have to keep moving forward and I'll reach my goals." Hiking is a great way to discover things you didn't know about yourself. Happy hiking!



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

- | | |
|-----------------------------------|-------------------------------------|
| Bill Clock Scotia, NY | Matthew Jackson Batavia, NY |
| Jennifer Phoenix Whitehall, NY | Jillian Smith Cobleskill, NY |
| Carol Conigliaro Utica, NY | Madison Smith Cobleskill, NY |
| William Wasilauski Queensbury, NY | Paul Newton, Sr. Central Square, NY |
| Michael Jackson Batavia, NY | Paul Newton, Jr. Central Square, NY |

Fire Tower History

If you are interested in learning more about the Fire Towers and their history, join us for our May Program (more information on page 5).

Here are some statistics from our Fire Tower Correspondents, Kathi and Tim Noble:

The challenge was started in 2001 when the book, "Views from on High: Fire Tower Trails in the Adirondacks and Catskills", written by John P. Freeman was published.

"Below is the data that I have seen since taking over the challenge correspondence. I read back in some meeting minutes there were approximately 600 finishers as of January 2011." ~Kathi Noble

- 2012 40 regular finishers, 1 winter & 4 children
- 2013 33 regular finishers, 3 winter & 2 children
- 2014 41 regular finishers, 2 winter & 1 child
- 2015 87 regular finishers, 14 winter & 1 child
- 2016 109 regular finishers, 6 winter & 1 child

As Education Chair, on December 20th, I had the pleasure of joining the Wilton Rotary Club at their breakfast meeting at Skidmore College to speak with them about ADK and all that it encompasses. I thank them for both their interest in our organization and for their hospitality.

I am also pleased to announce that we will be sponsoring nine individuals for summer camperships for the summer of 2017. Heading to DEC's Camp Colby will be Molly Rodewald of Queensbury, Kaitlyn Wells of Gansevoort, and Isabelle Savage of Wilton. Those who will be participating in DEC's Pack Forest program include Jacob O'Brien of Galway, Liam Rodewald of Queensbury, Alec Aleva of Glens Falls, Alexander Finland of Ticonderoga and Cole Mead of Schenectady. Last, but far from least, Eric Defibaugh of Mechanicville will be learning trail maintenance skills as he takes part in ADK's Teen Trails program. Congratulations to all ... and Enjoy!!!

ADIRONDACK MOUNTAINS

??Did you know??

The Adirondack Park consists of 6.1 million acres. That is bigger than our neighboring states of Massachusetts (5 million acres), Vermont (5.9 million acres), Connecticut (3.56 million acres) and not too far away New Hampshire (5.74 million acres).

The longest source of the Hudson River is located at Lake Tear of the Clouds on the west slopes of little Mount Marcy.



Lake Placid has hosted the Winter Olympic games twice, once in 1932 and again in 1980.



A TRIBUTE TO NEAL

Dan, Bernie and I took our share of Neal's ashes to the summit of Ampersand Mountain on 2/4/17. It is near the village of Saranac Lake, where Neal spent so much time when he was growing up. Just out of view behind my hand are the Seward's...Neal helped me nab Seymour for my Winter 46. Thanks, Neal!

~Jacki Bave



We love to hear from you!!

I must thank all the ADK hike leaders for adding a smile on my face despite any weather conditions or trail fears and for providing your experience and inspiration to finish the 46 high peaks.

An even greater thank you to those who provided the transportation to the ever crowded parking lots (even at 6am) and hiking the high peaks.

A special thank you goes to Colleen and Karen & Joe for the most rides and hiking.

To Joe and Mike for the grand finale on Gray and Skylight; with only a 10% chance of sunlight, and slight chance of snow. We did have rain, freezing rain, sleet, horizontal sleet (sleet flies) and 3 inches of snow. And the ever changing bridge while traversing the swamp, I fell in twice, and a great smile.

I'm grateful to all, without you I would have never complete the task of hiking the 46 high peaks.

I hope to see you on the trails this winter with plenty of snow, ice, and blissful sleet.

Thank you,

Jim Zwynenburg



Glens Falls Saratoga Chapter
Hiking, Kayaking, Conservation, Advocacy

Don't forget to check out our website at www.adk-gfs.org for up to date outings and events, membership information, Fire Tower merchandise and information and all kinds of helpful stuff!

Date	Day	Type	Destination	Leader(s)	Rating
March 2017					
1	Wed	Meeting	Executive Committee monthly meeting	John Caffry	NR
4	Sat	Hike/Snowshoe	Moreau Lake Overlook	Reg Prouty	B
5	Sun	Bushwack	Bloody Mountain, West Hail Neal Memorial hike	Jayne Boudier	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	Prospect Mountain from Lake George Recreation	Reg Prouty	C+
12	Sun	Hike/Snowshoe	Pilot Knob	Jack Whitney	B
14	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
18	Sat	Hike/Snowshoe	Young Members: Leader's Choice High Peak	Stephanie Gaudons	A
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
25	Sat	Hike	Jay Range	Nick Ringelberg, Jayne Boudier	A
28	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
April 2017					
2	Sun	Hike/Snowshoe	Pilot Knob Gazebo and Waterfall hike	Jack Whitney	C+
3	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
4	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
5	Wed	Meeting	Executive Committee monthly meeting	John Caffry	NR
6	Thu	Other	Young Members: Game Night/Social	Stephanie Gaudons	NR
8	Sat	Hike	Last of the snowpack hike	Mike Fuller, Eric Kimmelman	A+
11	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
15	Sat	Hike	Hadley Mtn. Neal Andrews Memorial Hike	Reg Prouty	B
18	Tue	Hike	Tuesday Outing	Maureen Coutant	B
22	Sat	Hike	Fairy Ladder Falls	Nick Ringelberg, Jayne Boudier	A
22	Sat	Hike	Thunder Mountain Recreation Area	Rich Crammond	C
23	Sun	Hike	Young Members: Leader's Choice Hike	Stephanie Gaudons	B
25	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
26	Wed	Program	Africa with Neal and Edna Van Dorsten	Sarah King	NR
29	Sat	Trail work	Tongue Mountain	Tom Ellis	B
May 2017					
1	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
2	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
3	Wed	Meeting	Executive Committee monthly meeting	John Caffry	NR
6	Sat	Paddle/Camp/Hike	South Bay and Diameter Cliff	Jayne Boudier	A
6	Sat	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
9	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	B
10	Wed	Hike	Full Moon Neal Andrews Memorial Hike	Maureen Coutant	B
13	Sat	Hike	Vanderwhacker Mountain	Reg Prouty	B
16	Tue	Hike	Tuesday Outing - FTC	Maureen Coutant	B
19	Fri	Hike	Hackensack Mountain Loop	Rich Crammond	C+
20	Sat	Hike	OK Slip Falls, caves and Blue Ledge Overlook	Nick Ringelberg	A
23	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
27	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
30	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR

Outings Detail

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.

BLOODY MOUNTAIN, WEST HAIL NEAL MEMORIAL HIKE -

[Bushwack]
Sun, Mar 5, 2017, 8:00 am, Rating: A
Jayne Boudier - 636-3352, boudier@verizon.net
- Neal led us up Bloody Mountain from Bloody Pond many years ago. West Hail is only about 1/2 mile and 400 feet of ascent farther. Both have great views! Approximately 6 miles (1/2 bushwack) and 1200 foot ascent.

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

PROSPECT MOUNTAIN FROM LAKE GEORGE

RECREATION - [Hike/Snowshoe]

Sat, Mar 11, 2017, 9:00 am, Rating: C+
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- This is a newly rerouted southern approach to the summit of this popular Lake George area hike. It is less steep and not as eroded as the route from the village is. Round trip is less than 6 miles with only gradual ascents. On a clear day Albany is visible from the summit.

PILOT KNOB - [Hike/Snowshoe]

Sun, Mar 12, 2017, 9:00 am, Rating: B
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- Starting from the Buck Mt. trail head we will head toward Inman Pond. We turn right, up through the cull and to the summit. Great views from the lower summit. We will return via the scenic route. Round trip around five to six miles.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

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

YOUNG MEMBERS: LEADER'S CHOICE HIGH PEAK - [Hike/Snowshoe]

Sat, Mar 18, 2017, time TBD, Rating: A

Stephanie Gaudons - 518-332-4624, stephanie@adk.org
- It's the last Saturday of the official winter season for hiking in the High Peaks! We'll plan on getting a relatively early start and hiking something with a view from Lake Placid or Keene Valley. Hike/peak(s) are to be determined. Snowshoes/microspikes required depending on conditions, and previous winter hiking experience preferred. Carpool from Queensbury area is possible depending on interest; leader will likely meet group at trailhead as leader will not be returning to that area after the hike. E-mail leader no later than noon on 3/16 to sign up.

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.

JAY RANGE - [Hike]

Sat, Mar 25, 2017, 6:00 am, Rating: A
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
Colead: Jayne Boudier - 636-3352
- One of the most spectacular ridge walks in the Adirondacks. Great views from this summit and ridge. We will hike the new trail which is about 6 miles round trip. About 2000 feet elevation gain.

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.

PILOT KNOB GAZEBO AND WATERFALL HIKE

Sun, Apr 2, 2017, 9:00 am, Rating: C+
Jack Whitney - 793-9210, jackwhitney1758@gmail.com
- This is a easy hike with views on the east side of Lake George. From the gazebo it is about a mile to the waterfall. Bring your camera for some great photos of the waterfalls.

MONDAY MONTHLY GEOCACHE

Mon, Apr 3, 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

Outings Detail

email a few days before to find out the plan!

TUESDAY OUTING - [Walk/Hike]

Tue, Apr 4, 2017, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll do either a walk or hike 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, Apr 5, 2017, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Board meeting at Saratoga-Wesley Health Center, Civalier Conference Room.

YOUNG MEMBERS: GAME NIGHT/SOCIAL - [Other]

Thu, Apr 6, 2017, 6:30 pm, Rating: NR
Stephanie Gaudons - 518-332-4624, stephanie@adk.org
- Spend a fun evening with some of ADK's fabulous young members! We're planning to do a game night, which may be board games at a Glens Falls member's house, or we may opt to go out bowling. Either way, it's going to AWESOME! Members and prospective members are both welcome! More details to come as it gets closer. Email Stephanie at stephanie@adk.org for more info and to sign up.

LAST OF THE SNOWPACK HIKE

Sat, Apr 8, 2017, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
Colead: Eric Kimmelman - 518-866-8521
or ejkimmelman@gmail.com
- Join us for 2017's last of the snowpack hike. We will start from the brand new High Peaks Information Center and hike through Avalanche Pass to Lake Colden (hopefully they are still frozen! If not, bring your swimsuit for a polar plunge) and take the infamous "calf burner" trail to Algonquin. We will cross over Algonquin and return to the Information Center, completing a 12 mile loop with 3000+ feet of elevation change. Meet at Exit 19 at 5am! Bring lots to eat and drink, as well as a sense of humor. All sign ups and trip contacts to Eric.

TUESDAY OUTING - [Walk/Hike]

Tue, Apr 11, 2017, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See April 25th

HADLEY MTN. NEAL ANDREWS MEMORIAL HIKE

Sat, Apr 15, 2017, 8:30 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- The last time I saw Neal was on Hadley in the spring when he was going up with two of his exchange students. Hadley is a great mountain to hike in spring when the wildflowers are blooming. There are supposed to be over 75 species of wildflowers available for viewing on this hike. So, if you are fluent in identification or just like looking at pretty flowers, come and join this day-long excursion. Views of the Sacandaga River and Adirondacks from the top are also excellent.

TUESDAY OUTING - [Hike]

Tue, Apr 18, 2017, time TBD, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This will be a Fire Tower Hike, probably in the Adirondacks, but possibly in the Catskills! Call or email the weekend before for more details.

FAIRY LADDER FALLS - [Hike]

Sat, Apr 22, 2017, 6:00 am, Rating: A

Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
Colead: Jayne Boudier - 636-3352 or bouder@verizon.net
- This elusive 90 ft staircase waterfall lives in Elk Pass. At 3111 feet elevation, it is the highest major waterfall in the Adirondacks. We will follow the Gill Brook Trail, passing Artists Falls along the way. Fairy Ladder Falls lies a tortuous quarter mile off the Colvin trail. If we're still in one piece we'll take in Fish Hawk Cliffs, Indian Head, Rainbow Falls and a few other much easier falls on the way back. 11 miles, 2200 feet ascent. All Day Hike.

THUNDER MOUNTAIN RECREATION AREA - [Hike]

Sat, Apr 22, 2017, 10:00 am, Rating: C
Rich Crammond - 518-584-2380
- This will be a nice little hike in the forest with not much elevation change. It's a 1.3 mile trail that goes past a neat pond. Hope for good weather. Meet at the Thunder Mountain parking lot off North Road and north of the Village of Greenwich, approximately 1 mile. Look for the red metal gate on the right side of the road heading north and for my black Ford pickup.

YOUNG MEMBERS: LEADER'S CHOICE HIKE

Sun, Apr 23, 2017, time TBD, Rating: B
Stephanie Gaudons - 518-332-4624, stephanie@adk.org
- Join ADK's young members for a moderate spring hike somewhere in the Lake George region. Enjoy some fresh mountain air for somewhere between 3-6 miles, depending on what we do. In the past, we've done Hadley Mountain as our spring hike, but maybe we'll switch it up this year and do Black Mountain or something else. Members and prospective members welcome. Hike is weather permitting; steady/heavy rain will cancel. Email leader no later than 12pm on April 20th to sign up.

TUESDAY OUTING - [Walk/Hike]

Tue, Apr 25, 2017, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll do either a walk or hike, 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.

AFRICA WITH NEAL AND EDNA VAN DORSTEN - [Program]

Wed, Apr 26, 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 Crandall Public Library.

TONGUE MOUNTAIN - [Trail work]

Sat, Apr 29, 2017, 9:00 am, Rating: B
Tom Ellis - 518-638-6139, hola@hughes.net
- The clearing/maintenance work will start at the northern end to Deer Leap. Then we will head south to Clay Meadows. Call leader for more details.

MONDAY MONTHLY GEOCACHE

Mon, May 1, 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/Hike]

Tue, May 2, 2017, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com

Outings Detail

- We'll do either a walk or hike 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, May 3, 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).

SOUTH BAY AND DIAMETER CLIFF - [Paddle/Camp/Hike]

Sat, May 6, 2017, 7:00 am, Rating: A
Jayne Boudier - 636-3352, boudier@verizon.net
- May 6-7. These two live on South Bay, near Whitehall, as do our hosts Tim and Mary. Saturday, put in at the Route 22 bridge, unload the boats, and continue paddling to the Diameter Cliff. On Sunday we'll hike to the Waterwall and Devil's Den. Approximately 8-10 miles of paddling, 4-6 miles of hiking, and 600 foot ascent. Rain date April 8-9. See <http://www.governor.ny.gov/press/04232013-finch-land-acquisition>, under 'S' for Saddles Mountain Preserve.

SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK

Sat, May 6, 2017, time TBD, Rating: C
Rich Speidel - 623-2587
- May is a great time to hear and see native and migrating birds in our area. This will be an easy morning walk of about three miles along the trails and varied habitats of Camp Saratoga. We will stop often and record the bird species identified. Group size is limited, so please call ahead to sign up. The rain date is Sunday, May 7. Meeting Place: Camp Saratoga, Scout Road.

TUESDAY OUTING - PADDLE

Tue, May 9, 2017, time TBD, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This week we'll try to do a paddle if we can. It's traditional to start out the paddling season with our toughest paddle (not usually too bad) from Lake Luzerne to Second Lake. It does involve going over or through a beaver dam or two and getting out in a few spots where the water is too shallow to paddle. So skip this trip if you're a beginner or don't want to get out of your boat. Call or email for more details.

FULL MOON NEAL ANDREWS MEMORIAL HIKE

Wed, May 10, 2017, 5:00 pm, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- So I didn't hike very often with Neal Andrews, since I didn't think I could keep up! But I do remember doing a full moon hike with him about 20 years ago up a mountain on the east side of Lake George. John Schneider and I were sweeps on that hike and he thinks it was Buck Mountain, so I'll trust him! Neal did a great job leading the hike and didn't push the group too fast at all! I remember thinking it was a cool thing to do a full moon hike and it seemed like a "Neal" thing to do, but since it was a rare Neal trip that didn't start before the sun came up and end after it went down... it was more in my wheelhouse! Neal was a great leader and active member of ADK, so I'm happy to do this hike in his memory and spread some of his ashes as requested. We'll go up Buck Mountain from the lake side since it's wide and easy to follow. 6.6 miles, 2000 foot ascent. Headlamp and extra batteries required! Call or email for more info.

VANDERWHACKER MOUNTAIN - [Hike]

Sat, May 13, 2017, 8:00 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- This fire-towered mountain provides excellent panoramic views

of the high peaks region. It is near route 28N and the Boreas River. The ascent is 1650 feet and round trip distance is 5.4 miles. Bring a lunch and plan on a full day outing.

TUESDAY OUTING - FTC - [Hike]

Tue, May 16, 2017, time TBD, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This week we will be doing a Fire Tower Challenge hike...not sure which one, so call or email the weekend before for specifics.

HACKENSACK MOUNTAIN LOOP - [Hike]

Fri, May 19, 2017, 11:00 am, Rating: C+
Rich Crammond - 518-584-2380
- We will make a loop hike around the backside, across the top, and back down the rocky trail to the starting point past the old Blister Hill Ski tow. A moderate trail with approximately 560 feet of elevation change and approximately 3 to 4 miles of hiking. Meet at the trailhead off Prospect Street, Warrensburg. Look for my black Ford pickup. See you there hiker buds.

OK SLIP FALLS, CAVES AND BLUE LEDGE OVERLOOK - [Hike]

Sat, May 20, 2017, 7:00 am, Rating: A
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
- This is a memorial hike for Neal Andrews, one of the few hikes I had done with him with two of his "boys." We will hike on a DEC trail 3 miles to the fabulous OK Slip Falls, then an easy bushwhack 1 mile to the first cave at Carter's Landing on the Hudson River where we will check out the crazy rafters floating by. The Blue Ledge cave and lookout is another mile bushwhack. Both caves are easy entry, stoop over access, fairly dry, no ropes or climbing experience required. Headlamps or flashlights needed. 10 miles total, 1,500 feet elevation gain. If there is time, on the trail on the way out we will check out the old Crehore Garnet Mine with a cavern and 90 foot tunnel. Hope for a warm day and the ice in the cavern will be a refreshing treat!

TUESDAY OUTING - PADDLE

Tue, May 23, 2017, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We usually do the Glen Lake fen around this time before it gets too choked up with weeds, so that is a possibility for this week. But we may explore a new area...so send me an email or call the weekend before!

SPRING BIRD WALK - PACK FOREST, WARRENSBURG

Sat, May 27, 2017, time TBD, Rating: C
Rich Speidel - 623-2587
- A leisurely morning walk of about three miles through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migrating and native birds crossing our path. We will check for birds around Pack Forest Lake and may visit the Grandmother's Tree, a towering 175-foot white pine some 325 years old. Group size is limited, so please call ahead to register. The rain date is Sunday, May 28. Meeting Place: Pack Forest - Route 9, 3/4 mile north of Route 28.

TUESDAY OUTING - [Walk/Hike]

Tue, May 30, 2017, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We'll do either a walk or hike, 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.

Trip Reviews

Tuesday Outing Tue, Dec 6, 2016, Mo Coutant

- This week we did the short hike on the Van Dusen Preserve loop. It was a nice day to get out. There was a little bit of snow, so microspikes helped, especially on the downhill section. Good to get out and then over to Paneras for a bit to eat! Participants: Rich Bennett, Mo Coutant, Sarah King, Mary Knutson, Licia Mackey, George Sammons, Bill Schwarz.

Tuesday Outing - FTC? Tue, Dec 13, 2016, Mo Coutant

- Fresh snow, so we skipped the FTC hike and took advantage of the snow to go XC skiing. We headed down to the Wilton Wildlife Preserve and skied around most of the trails. It was great to get out and enjoy the snow. Although I did do a "digger," as Paul called it, on the downhill before a little bridge that I was feeling for a week! Hope we get out on the snow many more times this winter! Participants: Mo Coutant, Paul Dietershagen, Licia & Steve Mackey, Joy Munro, Bill Schwarz.

Tuesday Outing -Holiday cookies Tue, Dec 20, 2016, Mo Coutant

- Last year it rained for this outing. This year it was cold, but that was much preferred! We walked around the lake. Laurie explored next to the water to see the ice crystals. She educated and amused us by inadvertently stepping into a mucky area and then crawling out of it. We finished our walk at the Warming Hut where we spread out all our cookies on the big table. Laurie warmed her cinnamon sugar apple slices in the fire and shared those. Donna won best decorated natural creature sugar cookies. Licia was a close runner up for best decorated. They were all good, though, and what variety! Participants: Rich Bennett, Mo Coutant, Sarah King, Eric Krantz, Licia Mackey, Joy & Mark Munro, Kathi Noble, George & Irene Sammons, Bill Schwarz, Laurie Williams, The Zimmer Family.

Tuesday Outing Tue, Dec 27, 2016, Mo Coutant

- We did actually get out even though the conditions weren't great for much since it had rained the night before. But we headed to Gurney Lane and walked the trails and they were only wet in a few areas. Our microspikes made the walking a lot less treacherous! A few had never been there and were glad to find out about it for future trips with kids or grandkids when we have more snow. We talked to the Queensbury town employee who does such a nice job keeping the fire going in the building where you can borrow snowshoes or a sled, have a cup of hot cocoa, or use the bathroom. Hope to get back to take advantage of all that they offer there...with more snow! Participants: Rich Bennett, Mo Coutant, Carolyn Curren, Leo Demers, Sarah King, Eric Krantz, Anne Paolano, Bill Schwarz, Donna & Mitch Zimmer.

New Years Day Annual Hike or Snowshoe Sun, Jan 1, 2017, Reg Prouty and Bob Aspholm

- Nine eager New Years revelers made their way on snowshoes, which we decided on the return trip were not needed, to the lean-to on Fifth Peak. It was Chrissie's debut on snowshoes and she did fine. We had lunch first and shared great snacks for dessert before the musical interludes on Reg's pocket trumpet and the singing of Auld Lang Syne. We used just our microspikes on the way back, as there were some icy spots. Nine hikers: Reg Prouty, Laura Fiske, Dave Hungerford, Shannon Hungerford, Jayne Boudier, Suzanne Rancourt, Chrissie Bombard, Kathy Quoi, and Bob Aspholm.

Tuesday Outing Tue, Jan 3, 2017, Mo Coutant

- We actually did this walk on Thursday to avoid the bad weather on Tuesday. We hiked the Harry Betar Walkway in South Glens Falls. This is a walk along the river from the gazebo down to the Sandbar Beach in South Glens Falls. We also walked up the hill

to the bluff section of the walk. This is a loop that begins along a bluff with a gazebo that looks across to Haviland Cove and over to the Feeder Canal walking area. Some in the group had never been on the walkway and others didn't know about the part up the hill! I always enjoy introducing people to a spot they haven't been to. Participants: Doug & Judy Beers, Richard Bennett, Mo Coutant, Leo Demers, Ralph Keating, Eric Krantz, Anne Paolano.

Dial and Nippletop, High Peaks Sat, Jan 7, 2017, Wayne Richter and Mike Fuller

- It was a cold day for a hike, starting out a few degrees below zero and never getting much above. The complete absence of wind, however, made for a remarkably pleasant and comfortable day. We began with mostly clear skies and a leisurely walk, chatting our way up the Lake Road. Once off the road and on our way up to Nippletop, we had barely enough snow for snowshoes. By the time we got to Elk Pass, the snow was deep and thick on the trees. The snow, having followed rain earlier in the week, coated the branches all the way around, giving us a true winter wonderland. The skies clouded up as we ascended, so we were mostly socked in at Nippletop. Fortunately, we had some clearing along the way to Dial and had some nice views from its summit. Perhaps more amazing was how Mark stood comfortably with his shirt off for several minutes. Participants: Katherine Bannigan, Nicole Durocher Beaulne, Roy Cooley, Jen Ferris, Mike Fuller, Dalton Hanaway, Morgan Hanaway, Eric Kimmelman, Kelly Marriott, Wayne Richter, Mark Seymour, Akane Suzuki, Dave White, Jim Zwynenburg.

Monday Monthly Geocache Mon, Jan 9, 2017, Sarah King and Mo Coutant

- Three hearty women (and Charlie) headed to East Greenbush Town Park on this very, very cold day. I think it was about 10 degrees as we exited the car. There were about 14 caches in this nice park with 3 loop trails, one of which followed along the large pond here. As I mentioned, it was very cold with not much snow to speak of, but the trails were icy. We stopped to put on our grip-pers as we walked them. Julie, a first time geocacher, joined Mo and Sarah and we were able to show her several different types and sizes of caches from the winter friendly, puzzle cache, a chirp cache to micros, nanos and ammo cans. She even got to experience a 4 terrain difficulty. We found all but one and then headed to Dunkin Donuts for a celebratory (it was Julie's birthday) hot beverage and snack. We joked about what to sign the logs here, Charlie's Angels, 3 cool chicks, but decided on 3 Birthday Girls as it was Julie's birthday and Sarah's tomorrow and Mo later in the month. Another great geocache outing to a new place. Participants: Sarah King, Mo Coutant, Julie Leonelli.

Tuesday Outing Tue, Jan 10, 2017, Mo Coutant

- This week we did a Fire Tower Challenge hike to Spruce Mtn in Corinth. I hadn't been up in quite awhile and was glad to see the trail well marked and easy to follow. I was really surprised to find the cab of the tower open and most of the group went up and checked it out. This is one of the summits that really benefits from the view from the Fire Tower. Even just climbing a few flights of stairs gives you a much better view! Thanks to all that made it possible to open up the trail and the Fire Tower! Participants: Mo Coutant, Margaret Curtis, Leo Demers, Dan Forbush, Ralph Keating, Sarah King, Mary Knutson, Eric Krantz, Margie Litwin, Joy Munro.

Trip Reviews

Wilton Wildlife Trails Sat, Jan 14, 2017, Reg Prouty

- Unfortunately there was not enough snow left for either snowshoes or skis but we did a hike on microspikes as the trail was extremely icy, so much that we could not even have been able to stand up without the spikes. We did a counter-clockwise outer loop going over as far as where the old Ballard Road barn used to be. It was a beautiful day for a walk in the woods, though. Six hikers: Reg Prouty, Alan Gee, Liz Gee, Mary Alice Nyhan, Chrissie Bombard, and Don Washburn.

Tuesday Outing Tue, Jan 17, 2017, Mo Coutant

- The birthday ski in the ADKs didn't work out due to a lack of snow, so we put that idea on hold for another week. Instead we walked at the Hudson Pointe Preserve in Queensbury. I was dog sitting, so we made it a dog hike. We were happy to be able to get to the bridge on the Hudson River...just barely. The water was just up to the top of the boards leading up to the floating bridge. It was very icy with microspikes a must! Actually, I guess we could have used crampons since we had a few slips even with the microspikes! We walked the lower trail and then up to the trail along the bluff overlooking the lower trail and the river. Fun little outing ending with a bite to eat at Paneras! Participants: Mo Coutant (w/Charlie & Daisy), Leo Demers, Paul Dietershagen, Todd Earl (& Roscoe), Dan Forbush, Sarah King (& Sadie), Eric Krantz, Licia Mackey, Kathi Noble, Laurie Williams.

Hudson Crossing / New Year Outing Sat, Jan 28, 2017, Rich Crammond

- Such a nice day for January eagle watch. We put our microspikes on to be a little safer on the trail. I think everyone had a good time. I went back to the Dix bridge solo after the hike to glass again for eagles and saw one soaring around down river. Anyway, we had a nice day and talked to some nice local folks, too. Thanks for sharing this day, hiker buds. It just didn't get no better. Participants: Alan Gee, Liz Gee, Licia Mackey, Rich Crammond.

Pyramid and Gothics Sat, Jan 28, 2017, Steve Mackey

- Between the cancellations and no-shows we ended up with only two of us, so this obviously can't be considered an official ADK hike. However, we did go, and we did summit, and we did have full blown winter conditions. The skiing was pretty close to excellent. The snow up high was deep and powdery, and we had to bust our butts, breaking trail all day. The last quarter of Pyramid is really steep, and every step required a lot of extra effort to not slide back down to where the step began. Maureen was a real trooper and led half of the way or more. The summits were cold and windy and we had to be careful that we didn't get frostbite on our faces. The cloud cover was semi low, so the views were only okay. We got some nice pictures. I got one on Pyramid where the trail marker was only a couple of inches above the snow line. We took a time reading when we left Lower Ausable Lake, and it only took a half hour to ski all the way out. We met up with friends and family and all went out to dinner afterward. Participants: Maureen Laskey, Steve Mackey.

Ski Botheration Pond Loop Sun, Jan 29, 2017, Bill Schwarz

- It wasn't looking good--the Lower Sacandage bridge collapsed 2 months ago, meaning it couldn't be a loop trip, nor had there been much snow. So we went further along the Old Farm trail toward Siamese Ponds instead, and found a recent snowfall (The day before! Powder!). Still, there were challenges--bypassing or sidestepping the gullies. A good outing with a surprising amount of snow--hope it lasts. Participants: Jim Amell, Ray Boucher, Theresa Devlin, Bill Schwarz.

Tuesday Outing Tue, Jan 31, 2017, Licia Mackey

- My thanks to Ralph Keating and Mary Alice Nyhan for our wonderful tour of Anchor Diamond Park at Hawkwood. The park (just a bit off Route 50, near Ballston Lake) is a joint project between Saratoga PLAN and Ballston Spa. Ralph led us along the now wooded Old Field Trail where Mary Alice said Mr. Taylor (former owner and doner) remembers picking strawberries. Ralph encouraged us to revisit the Hemlock Trail for a quiet listen to nature's music. Today the mystery of the fireplace was cause for speculation. We crossed a the meandering stream on unimproved bridges and headed to the wetland. An old beaver dam was obvious. A viewing platform is planned for this location. Winding around the Stonewall Trail led us to a well and building foundation of the Hawkwood Estate. It was interesting to note the undulating topography of the Red Maple Trail. We were delighted with the amazing bridge work of a local scout. Mary Alice noted the stream, now running high, had been completely dry this summer. Our thanks to Ralph and Mary Alice for a pleasant and informative 4 mile hike. Participants: Gretchen Stark, Eric Krantz, Judy Beers, Ralph Keating, Mary Alice Nyhan, Joanne Szot, Mark Janey, Julie Leonelli, Joy & Mark Munro, Erin Imgruth, Lorraine Del-Rosso, Nancy Burke, Licia Mackey.

Monthly Monday Geocache Mon, Feb 6, 2017, Sarah King and Mo Coutant

- Participants: Mo Coutant, Larry Eaton, Sarah King, Julie Leonelli, Licia Mackey, Anne Paolano.

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



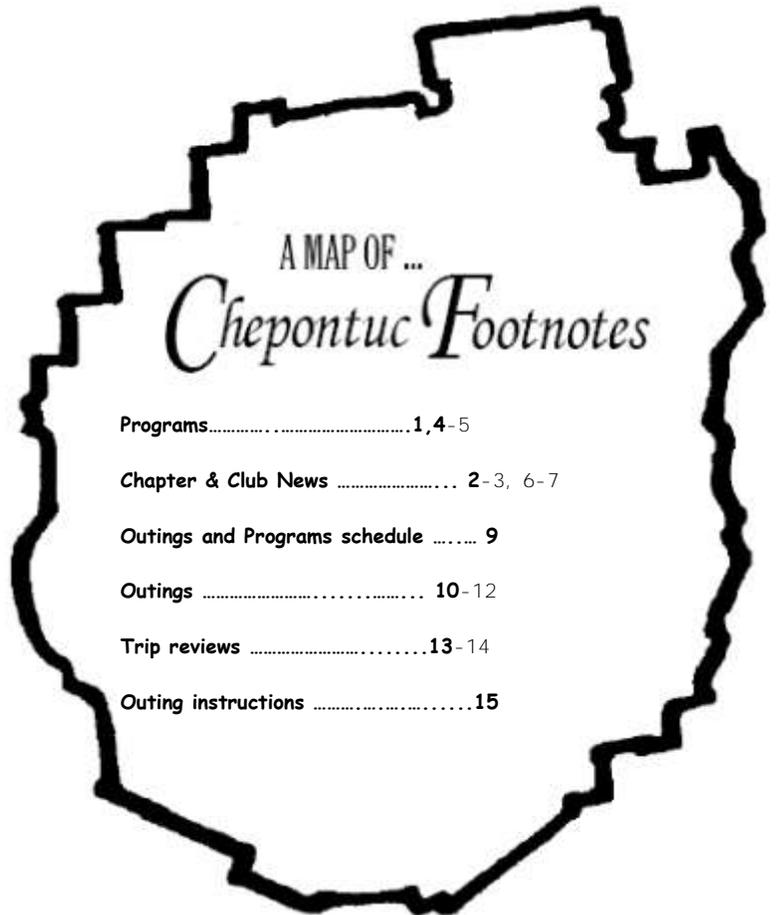
Are you moving?

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