



Chepontuc Footnotes

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

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

Programs ~ by Sarah King

November

"An Adirondack Portfolio 1902-1935

The Hiking Stories and photographs of Francis Bayle"

Presented by Bob Bayle

November 16th, 7 PM at Saratoga Springs Public Library

Bob Bayle's new book features the photographs and writing of his father Francis Bayle. While his vocation was engineering, Francis' avocations were exploring the Adirondacks and photography. Between the years 1910 and 1970, he took many hundreds of photographs of the Adirondack region, providing a unique representation of what the area looked like in the early 20th century. He was an active member of the Adirondack Mountain Club and the Glens Falls Camera Club. He also served as editor for the Adirondack Mountain Club magazine, writing several articles about his photography, hiking trips and opinions about the Adirondacks.

Bob Bayle is the son of Francis Bayle, and a retired science teacher, who is actively involved with the Glens Falls-Queensbury Historical Society, Chapman Historical Museum and the Warren County Historical Society. He is co-author of 3 Images of America books about Glens Falls, New York.



January

A Whirlwind tour of a few National Parks and landmarks

Presented by Maureen and Jim Coutant

Wednesday January 17th, 7 PM at Crandall Library



Maureen and Jim Coutant took a vacation inspired by some of the National Park programs put on over the years by **John Schneider, Dan D'Angelico, or the Mackey's**. Their 13 yr. old daughter had never been out west, so it was a mission to hit as much as possible in 2 weeks. So, join us to see the highlights of some impressive National Parks & Forests including Red Rocks, Death Valley, Sequoia, Yosemite, John Muir and more. Plus, other landmarks along the way.

Membership Update

~by Pat Desbiens

NEW MEMBERS - JULY 2017

Joe Clovin, Gansevoort
Sue Hermitage & Terry Forrester, Stillwater
Caren Hoffman, Saratoga Springs
Bryce Kahler, Gansevoort
Thomas Kubiak, Ballston Lake
Kimberly Labrecque, Rexford
William Lebowitz & Lindsay Gondolfo, Brooklyn
Robert Loughran, Clifton Park
Andrew Meunier, Saratoga Springs
Steven & Clothill Monks, Bakers Mills
Richard Osgood, Ballston Spa
Bart & Morena Rizzuto, Saratoga Springs
David Robertson, Waterford
Nicolette & Lorcan Roche, Saratoga Springs
Peter & Tom Watkins, Queensbury
Jonathan Wood, Hebron

REJOINED MEMBERS - JULY 2017

Stephen Casavant, South Glens Falls
Catherine Feck, Rexford
Susan, Paul, Emily, Stephanie, Corinne, Brandon &
Ryan Hare, Ballston Lake
Don Hughes, Saratoga Springs

Lucy Manning, Saratoga Springs
Sarah Mercier, Greenfield Center
Candi Schermerhorn, Diamond Point

NEW MEMBERS - AUGUST 2017

Linda Alakwskina, Corinth
Steven, Darcy & Grace Alheim, South Glens Falls
Sean Cooney, Queensbury
David Harper, Saratoga Springs
Steven Hibbard, Glens Falls
Girard Marcino, Whitehall
Alyssa Opishinski, Saratoga Springs
Tracy, Neil, Kristen & Megan Pontin, Clifton Park
Kathryn Scali, Staten Island
Daniel Senecoff, Saratoga Springs

REJOINED MEMBERS - AUGUST 2017

Ryan & Alec Aleva, Glens Falls
Michael & Maryanne Badagliacca, Seaford, New York
Seth Harris, Menands
Paul Kraus, Oakland, California
Tracy Miller, Saratoga Springs
Dan, Ann & Matthew Moellman, Saratoga Springs

CONTACT US

Executive Committee Officers:

Chapter Chair John Caffry
518- 798-0624
chapterchair@adk-gfs.org
First Vice Chair ***vacant***
Second Vice Chair Maureen Coutant
518-745-7834 vicechair@adk-gfs.org
Secretary Kathi Noble
518-668-3046 secretary@adk-gfs.org
Treasurer Steve Mackey
518-793-6484 treasurer@adk-gfs.org

Directors: director@adk-gfs.org
 Tammara Van Ryn
 Bill Wasilauski
 Dan Kane

Past Chapter Chair: Laura Fiske
518-884-0345 pastchair@adk-gfs.org

Committee Chairs:

Conservation	Aimee Rutledge	Trails	Tom Ellis
401-529-5034	conservation@adk-gfs.org	518- 638-6139	trails@adk-gfs.org
Education	Linda Ranado	Web site	George Sammons
518-696-7625	education@adk-gfs.org	518- 743-9692	webmaster@adk-gfs.org
Hospitality	Gretchen Steen	Wilderness	Jim Schneider
518- 638-6139	hospitality@adk-gfs.org	518- 581-9367	wilderness@adk-gfs.org
Membership	Pat Desbiens	Young Members Group	Steve Lashomb
518- 813-7946	membership@adk-gfs.org	315-783-7698	ymsg@adk-gfs.org
Newsletter/Editor	Deb Donohue	<u>Non-Voting Volunteers:</u>	
518- 638-6557	newsletter@adk-gfs.org	Fire Tower	Kathi & Tim Noble
Outings	Wayne Richter	518-668-3046	firetower@adk-gfs.org
518- 893-7895	outings@adk-gfs.org	Annual Dinner Coordinator	
Programs	Sarah King		Anne Paolano
518- 798-0615	programs@adk-gfs.org	518- 798-3055	annualdinner@adk-gfs.org

Alternate Directors: Peter Benoit

The winter hiking season is upon us. Don't forget that a winter rocker can be earned by hiking the tower trails from December 21st to March 21st. Remember to be prepared for winter conditions and be safe!



If your looking for a reason to work on the challenge maybe this comment from **John Whipple, Jr.'s letter might get you motivated, "I'll start by saying this is one of the most rewarding things I have ever done." He also wrote, "I don't know that I can pick one of the towers as my favorite because they were all part of my amazing journey and all had something to offer."**

Congratulations to the following people who have completed the Fire Tower Challenge:

Geoffrey Horan Poland, NY

Donna Horan Poland, NY

Sonis Rossi Saratoga Springs, NY

Dawn Collins Peru, NY

Todd France Utica, NY

Joyce Albro Forestport, NY

Jean-Francois Connolly-Gingras Montreal, Quebec

Pascale Corney Montreal, Quebec

Adam Sokoloff Boonville, NY

Robert Green II Potsdam, NY

Po Raval Waldwick, NJ

Ed Patrick Rochester, NY

Jennifer Patrick Rochester, NY

Amanda Ostasz Herkimer, NY

Matthew Faczan Rochester, NY

Amy Smith-Faczan Rochester, NY

Connor Faczan Rochester, NY age 13

Samuel Faczan Rochester, NY age 10

John Whipple Jr. Rock City Falls, NY

Walter Akstull Clifton Park, NY

Francis Akstull Clifton Park, NY

Laura Smith Arkville, NY

William VanSaders Chester, NJ

Jamie Szczepaniak Lake View, NY

Some happy campers (see writeup on next page)



Education ~by Linda Ranado

First, I want to thank the Friends of Moreau State Park for inviting us to be a part of their *Nature Fest* on September 16th. We had a busy day interacting with individuals of all ages discussing Leave No Trace guidelines, with emphasis on waste timelines and the impact on wildlife and the environment that left behind "garbage" can leave. It was a pleasure to see how many cared!

Next, as our summer ends, so do the varied experiences enjoyed by those we sponsored for the DEC and ADK camperships. That means we are once again looking for more applications for the 2018 summer programs at Pack Forest, Camp Colby and on the selected trails of ADK stewardship.

The Lake Colby Environmental Education Camp, for youth aged 11 to 13, is located on the western shore of Lake Colby, just outside the Village of Saranac Lake. The DEC website promises a week at Colby will be filled with fun and adventure, noting that "Campers participate in a discovery group while at camp, completing six lessons ranging from group dynamics to field, forest, and pond explorations, to a study of human impact. Group members learn science, solve challenges, play games, keep a journal, catch salamanders, net butterflies and discover the interconnectedness of life on earth. College-educated counselors guide all activities. Campers also choose from a variety of optional activities ranging from fishing, canoeing, archery to exploring a bog and overnight camping trips."

Pack Forest, just north of Warrensburg, offers camp sessions for both teens 14 to 17 years old and youth in the 11 to 13 age range. Here older campers explore forestry, aquatic biology, wildlife management, field ecology and other environmental issues and learn about professional forestry techniques, such as the use of Biltmore sticks and increment borers. The program emphasizes group dynamics and teamwork as essential to the environmental decision-making process. In addition, Pack Forest participants partake in canoeing or backpacking trips as well as their choice of optional activities such as fly fishing, hiking, swimming, shooting sports and orienteering. Youths, ages 11 to 13, can share in activities here that mirror those at Camp Colby.

Following are some comments from some of this year's participants:

...thanks for giving me this amazing experience ... We went fishing, we did archery, and even got to see a wild black bear ..
Nicholas Wright

...I had so much fun. Every morning I went fishing on the lake. Also, one of my favorite activities was catching frogs ...
Alec G. Aleva

*... We played 3 games. They were "Sharks and Dolphins", "Predator-Prey" and "Oh Deer"... I also learned how to tie knots...I went swimming...I did the Polar Plunge every morning ...*Alex Finland
(Thanks for sending your sample knots, Alex...nice job!)

ADK's Teen Trail five day projects are geared towards high school students aged 14 to 17. This program, which relies upon the key elements of teamwork and shared responsibility, focuses on educating participants on the ways and means of trail maintenance. Participants may learn such skills as how to properly install water bars, how to harvest a tree using tools such as a crosscut saw and axe, or how to move boulders with a steel bar. While this experience can be physically challenging, campers share in a fun and rewarding experience - forming new friendships and memories while having the satisfaction of seeing a quality trail project completed by their trail crews. ADK provides campers with food, group camping gear, tools and experienced leadership. Specific sites for the summer 2018 program will be posted on our site as soon as available.

A past participant remarked,

"I had a lot fun this year and I enjoyed learning about making wooden bridges. It was especially cool because we felled the tree on site. I feel like my skills have really increased now that I have had a project with stone and a project with logs...When I am old enough, I hope to work for the Mountain Club. I'd love to be a teen trail crew leader. "

Application forms for all of these camperships may be downloaded from the "Education" link on our Chapter's web page. Applications must be submitted by December 31st. When completed, send to:

Linda Ranado: 18 Pine Ridge Road, Hadley, NY 12835 Email: education@adk-gfs.org Phone: 696-7265

Outings and Programs Schedule

See adk-gfs.org website for latest calendar

Date	Day	Type	Destination	Leader(s)	Rating
November 2017					
1	Wed	Meeting	Executive Committee monthly meeting (Tavern Aviation Rd, QBY)	John Caffry	NR
5	Sun	Hike	Chimney Mt. near Indian Lake	Jack Whitney	B
7	Tue	Walk	Tuesday Outing	Maureen Coutant	C
11	Sat	Hike	Goodnow The Great!	Joe Babcock	B
11	Sat	Other	ADK Headquarters Fall workday	Maureen Coutant	NR
12	Sun	Hike	Vanderwacker	Steve Mackey	B
13	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
14	Tue	Hike	Tuesday Outing	Maureen Coutant	B
16	Thu	Program	An Adirondack Portfolio, 1902-1935: The Hiking Stories and Photographs	Sarah King	NR
18	Sat	Bushwack	Cheney Cobble	Nick Ringelberg,	A+
21	Tue	Hike	Tuesday Outing - FTC	Maureen Coutant	NR
23	Thu	Hike	Turkey Trot #19 Saratoga Battlefield	Rich Crammond	C+
28	Tue	Walk	Tuesday Outing	Maureen Coutant	C
December 2017					
2	Sat	Bushwack	Wallface Mountain	Nick Ringelberg,	A+
5	Tue	Hike	Tuesday Outing	Maureen Coutant	NR
6	Wed	Meeting	Executive Committee monthly meeting in Saratoga	John Caffry	NR
9	Sat	Hike/Snowshoe	Peaked Mountain	Reg Prouty	B
10	Sun	Hike	Pole Hill Pond	Jack Whitney	B
11	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Countant	NR
12	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
16	Sat	Hike/Snowshoe	Wilton Wildlife Park	Rich Crammond	C+
19	Tue	Walk	Annual Cookie Walk	Maureen Coutant	D/C
January 2018					
1	Mon	Hike/Snowshoe	Annual New Years Day Hike	Reg Prouty, Bob Aspholm	B
2	Tue	Walk/Ski/	Tuesday Outing	Maureen Coutant	NR
3	Wed	Meeting	Executive Committee monthly meeting at Crandall Library	John Caffry	NR
6	Sat	Hike/Snowshoe	Cliff and Redfield	Wayne Richter,	A+
8	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
9	Tue	Walk/Hike/Ski	Tuesday Outing	Maureen Coutant	NR
13	Sat	Bushwack	TR Mountain	Nick Ringelberg, Jaune Boudier	A+
13	Sat	Ski	Ski Pack Forest	Bill Schwarz	B
16	Tue	Hike/Snowshoe	Tuesday Outing - FTC	Maureen Coutant	NR
17	Wed	Program	A whirlwind tour of a few Ntl Parks and landmarks	Sarah King	NR
23	Tue	Walk/Ski/	Tuesday Outing	Maureen Coutant	NR
27	Sat	Hike/Snowshoe	Hudson Crossing / New Year Outing	Rich Crammond	C
30	Tue	Walk/Ski/	Tuesday Outing	Maureen Coutant	NR

Outings Detail

EXECUTIVE COMMITTEE MONTHLY MEETING

Wed, Nov 1, 2017, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- The Tavern on Aviation Road Queensbury

CHIMNEY MT. NEAR INDIAN LAKE - [Hike]

Sun, Nov 5, 2017, 8:15 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- Chimney Mt. Let's explore this mountain located near Indian Lake. There are numerous caves and rock formations to explore. The rocky summit provides a 360 degree panorama. 3 - 4 miles round trip with 760 feet of elevation gain.

TUESDAY OUTING - [Walk]

Tue, Nov 7, 2017, 9:00 am, Rating: C
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This is the first outing of the weekly Tuesday outings for the season (Nov-June). So, I thought we'd start with something easy and do a walk around Lake George. We haven't done that in a few years. We'll start at the parking lot for Ushers Park and walk along the southern shore. We'll check out the Charles Wood park and battlefield. Then head up along the western side to Shepards Park and through the back streets to the start of the Prospect trail. Finally wind up at a coffee shop and then back to the cars. Just a little warm up and explore Lake George area outing. Call or email for more details the weekend before.

GOODNOW THE GREAT! - [Hike]

Sat, Nov 11, 2017, 5:00 am, Rating: B
Joe Babcock - 518-791-9395, jababcock19@gmail.com
- Hello Happy Campers! We will be heading off to hike Goodnow Mountain in Newcomb with a chance to visit the fire tower for those who like a great view. After finishing this 3.8 mile round trip, we will take a quick break at the Adirondack Interpretive Center, also in Newcomb. Then it is off to Camp Santanoni to see an Historic Great Camp. This hike is a 10 mile round trip on a fairly level dirt road. I have been there in 3 of the 4 seasons and it is a great trail in boots or snowshoes. It will be a Great Day in the Park. Meet at Exit 19 Panera Bread parking lot at 5 am or at Goodnow Trailhead Parking at 7 am.

ADK HEADQUARTERS FALL WORKDAY - [Other]

Sat, Nov 11, 2017, 9:00 am, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- Come join me to help get the ADK headquarters building set for the winter. Rake up leaves, take down the screens, cut back the plants, maybe do some staining if we have a nice day. There are also some indoor jobs and usually something for everyone including scones, cookies, pizza and other goodies! Stay an hour or until 2:00 when we normally wrap up! Many hands make light work! Thanks!

VANDERWACKER - [Hike]

Sun, Nov 12, 2017, 8:00 am, Rating: B
Steve Mackey - 518-793-6484, smackey33@verizon.net
- I was looking in Adirondack Explorer for ideas, and came across Vanderwacker. I've seen it many times from the High Peaks, but have never been there. It is 5.2 miles round trip. The first 1.5 miles is relatively flat and then it climbs steeply. It has a fire tower on top, so if you are working on the challenge, it counts. Bring warm clothing just in case it is windy up top.

MONTHLY MONDAY GEOCACHE

Mon, Nov 13, 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 - [Hike]

Tue, Nov 14, 2017, time TBD, Rating: B
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This week we'll hike up Prospect Mtn...not the gazebo trail, but the unmarked trail from the Buck Mountain trailhead on the Lake. It's a bit longer and harder to follow, but it's always fun to explore new areas. Call or email the weekend before for more details.

AN ADIRONDACK PORTFOLIO, 1902-1935: THE HIKING STORIES AND PHOTOGRAPHS OF FRANCIS BAYLE PRESENTED BY BOB BAYLE - [Program]

Thu, Nov 16, 2017, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Meet author Bob Bayle for a book signing and conversation about his book, An Adirondack Portfolio, 1902-1935: The Hiking Stories and Photographs of Francis Bayle. The book features the stories and photographs of his father, Francis Bayle, who took hundreds of photographs of the Adirondacks throughout his life, providing a unique representation of what the area looked like in the early 20th century.

CHENEY COBBLE - [Bushwhack]

Sat, Nov 18, 2017, 6:00 am, Rating: A+
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
Colead: Jayne Boudier - 518-636-3352
or jayneboudier@gmail.com
- Located in the newly acquired Boreas Ponds Wilderness Area, at 3683 feet Morrissey lists it as #74 of the top 100 in the Adirondacks and he says it has "really unique and awe inspiring views!" Previously only accessible over private land, we will approach via a 3 mile hike on the road to Boreas Ponds, followed by about 2.5 miles of old logging roads and then 2 miles of bushwhack. About 15 miles, 4 miles of it bushwhack; 2200 feet elevation gain.

TUESDAY OUTING - FTC - [Hike]

Tue, Nov 21, 2017, 8:00 am, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This will be a Fire Tower Challenge hike either in the Adirondacks or Catskills. Call or email the weekend before for details.

TURKEY TROT #19 SARATOGA BATTLEFIELD - [Hike]

Thu, Nov 23, 2017, 8:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Once again, let's work up that old Holiday Hunger with approximately 4 to 5 miles of hiking in the Battlefield Park. Meet at the visitor's parking lot off Route 32, Stillwater. Dress for rain or snow. Happy Thanksgiving to all.

TUESDAY OUTING - [Walk]

Tue, Nov 28, 2017, 9:00 am, Rating: C
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This week we'll head down to Saratoga and walk along the Bog Meadow trail along Route 29 heading out to Saratoga. This is a nice walk along an old railroad track that was converted to a trail. Call or email a couple days ahead for more details.

WALLFACE MOUNTAIN - [Bushwhack]

Sat, Dec 2, 2017, 5:00 am, Rating: A+
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
Colead: Jayne Boudier
- #71 of the 100 Highest in the Adirondacks at 3700 feet, Wallface is best known to climbers for its awesome face. We will start at

Outings Detail

the Loj and follow the Indian Pass Trail from the north for about 4.5 miles with about 1000 feet of elevation gain. Then we bushwhack for 0.7 mile, going up about 1100 feet to the summit. Good views of the Santanonis, Swards, MacIntyre Range and the Sawtooth Range. Morrissey says it's the best view from the trailless lower 54. 10 hours, bring headlamps; it gets dark at 4:30.

TUESDAY OUTING - [Hike]

Tue, Dec 5, 2017, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This will be a Fire Tower Challenge hike either in the Adirondacks or Catskills. Call or email the weekend before for details.

PEAKED MOUNTAIN - [Hike/Snowshoe]

Sat, Dec 9, 2017, 8:30 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- This is a nice, small, 2919 feet mountain in the Siamese Ponds Wilderness Area near 13th Lake. If there is snow we will snowshoe or if none just hike. Total length is about 7.2 miles from the 13th Lake parking area.

POLE HILL POND - [Hike]

Sun, Dec 10, 2017, 8:00 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- We will start from the trailhead and go in a counter-clockwise direction up to Walnut Ridge and then down to Pole Hill Pond. Depending on the conditions, we will either do a loop or spot cars. 4-6 miles total with moderate elevation gains.

MONTHLY MONDAY GEOCACHE

Mon, Dec 11, 2017, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: Mo Countant - 518-745-7834
or mojim@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY OUTING - [Walk/Hike]

Tue, Dec 12, 2017, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- I think we'll do an easy hike or walk this week. I'm going to wait to see what the conditions are like in mid December. Call or email the Sunday before to find out the plan.

WILTON WILDLIFE PARK - [Hike/Snowshoe]

Sat, Dec 16, 2017, 10:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Let's hike around three miles in a real nice place for this holiday time outing. We will pass by an old fire tower along the trail. Meeting place: Wilton Wildlife parking lot off Route 50 and Scout Road, Wilton. Please bring snow shoes and cold weather gear. Happy Holidays from Rich.

ANNUAL COOKIE WALK

Tue, Dec 19, 2017, 10:30 am, Rating: D/C
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- The Tuesday before Christmas is the annual walk around Moreau Lake with a stop at the warming hut for holiday cookies and drinks. You could bring a real lunch too...but that's optional. Cookies to share and a beverage of your own are required! We just do a short walk around the lake to get to the real activity of enjoying everyone's treats.

ANNUAL NEW YEARS DAY HIKE

Mon, Jan 1, 2018, 9:00 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
Colead: Bob Aspholm - 518-683-4970 or pine4422@yahoo.com
- Destination and exact description will be announced later but will probably be somewhere in the Lake George area. So call Reg or Bob in December and help us ring in the new year the healthy way with good mountain club friends.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Jan 2, 2018, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This outing will all depend on the conditions. We'll ski, snowshoe, or walk in the Wilton Wildlife Preserve depending on how much snow we have.

CLIFF AND REDFIELD - [Hike/Snowshoe]

Sat, Jan 6, 2018, 5:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Mike Fuller - 802-254-3314
or farmallboy55@hotmail.com
- Our primary goal will be Cliff, with Redfield added if time and conditions allow. If Flowed Lands is frozen, we'll go in from Upper Works and make the spectacular crossing over the ice. If not, we'll go from Adirondack Loj via Lake Arnold. We'll determine the route shortly before the hike, depending on conditions. All contacts and sign ups to Wayne.

TR MOUNTAIN - [Bushwack]

Sat, Jan 13, 2018, 6:00 am, Rating: A+
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
Colead: Jayne Boudier
- Named for Teddy Roosevelt, this is a short winter hike to a #61 of the Adirondack 100 Highest. Morrissey suggests climbing it in the winter to get a better view, so that's what we will do! 4 miles and 1600 feet of elevation gain on the trail towards Marcy, then take a right and bushwhack 1/4 mile with another 400 feet of gain. Views of Colden. About 6 hours and we will be out in the daylight!

MONTHLY MONDAY GEOCACHE

Mon, Jan 8, 2018, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: Mo Countant - 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/Ski]

Tue, Jan 9, 2018, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- See Tuesday Jan 30th

SKI PACK FOREST

Sat, Jan 13, 2018, 8:00 am, Rating: B
Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
- Let's hope for some early-season snowfall, or we'll be hiking - it's happened before. These are not groomed trails - we may be the ones breaking trail - so no beginners! We'll ski 6 or so miles, maybe going around the lake. Bring lunch and water. This a SUNY demonstration forest just north of Warrensburg with some climbs and descents on the routes.

Outings Detail

TUESDAY OUTING - FTC - [Hike/Snowshoe]

Tue, Jan 16, 2018, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This will be a Fire Tower Challenge hike either in the Adirondacks or Catskills. Call or email the weekend before for details.

A WHIRLWIND TOUR OF A FEW NATIONAL PARKS AND LANDMARKS - [Program]

Wed, Jan 17, 2018, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This program will be at Crandall Library in Glens Falls. Come join us on a whirlwind tour of a few National Parks including Red Rocks, Sequoia, and Yosemite as well a few smaller parks and other landmarks we could fit in during 2 weeks.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Jan 23, 2018, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- See Jan 30th

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

Sat, Jan 27, 2018, 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 up to Eagle Point and back to the Schuylerville Lock 5 area. Bring your field glasses and warm clothes. If there's eagles in the area, old Eagle Eye Rich will spot them!
Meeting place: Hudson Crossing parking lot (lock 5), Schuylerville.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Jan 30, 2018, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This outing will depend on the conditions. We'll ski, snowshoe, or walk in the Wilton Wildlife Preserve depending on how much snow we have.

Trip Reviews

Hadley Mountain Sat, Jun 3, 2017, Amanda Gómez and Steve Mackey

- We had a couple new people join me on this beautiful blue bird day. The summit was a cool wind and there were about 15 people atop when we arrived. Always a great hike! I will be doing this one again for sure.

Noonmark Mountain Sun, Jul 16, 2017, Steve Mackey and Amanda Gomez

- A very humid day and sunny with very little wind. One of the best views for the effort as well.

Allen "The Big Nasty" Sat, Aug 5, 2017, Mike Fuller

- "I go rain or shine" has been my motto, and everyone was glad I didn't cancel. We left the parking lot with a light rain, which ended around 10:30. Thanks to the trail crews for the great bridge over the Opalescent, which made an easy crossing. At Skylight Brook we were beginning to see our shadows; great, the sun's on its way! Yes, the Red Slime was still there to greet us and some of us took the greeting. The summit yielded great views, photos, and lunch. The hike back was sun filled and we were out before dark. 8 'Nasty' hikers: Jim Zwynenburg, Marion Hanover, Anne Mania, David White, Maryanne Mullary, Michael Badagliacca, Julia Rapczyauki, and Mike Fuller.

Tuesday Outing - Paddle Tue, Aug 8, 2017, Maureen Coutant

- This week we paddled up the Hudson River from the launch at the beginning of the Harry Betar walkway to the dam at the beginning of the Feeder Canal trail. It was a beautiful evening with water as smooth as glass. We didn't see much out of the ordinary, but a bunch of Canada geese did take off and almost knocked some us over! Afterwards, some of us stayed and listened to the concert going on at the South Glens Falls gazebo for a little while! Participants: Mo Coutant, Tina Crook, Paul Dietershagen, Ann Hunt-Wardle, Joy Muller-McCoola, Cory Rinella, Annette Smith-Wright, Margaret Stephenson, Mitch and Stephanie Zimmer, with Mary Knutson and Malina Stawarz joining in later after almost losing a kayak on the Northway!!

Giant and Rocky Peak Ridge Sat, Aug 12, 2017, Wayne Richter

- After what might have been the muddiest hike of my life in the Santanonis three days previously and with a good chance of rain predicted, I was prepared for, if not the worst, at least something of a slog. Instead, we got the driest trails I'd seen in a while (go figure) and rather nice weather. We had pleasant temperatures, perhaps more sun than clouds, and fascinating patterns to watch from the summits as the low clouds moved in and out. We started up the Roaring Brook Trail, took a quick diversion to the top of the falls, and continued to the junction with the trail to Rocky Peak Ridge where we stopped for a break and met an interesting young fellow named Alex. We decided to head first to Rocky Peak Ridge where we spent a nice half hour chatting, soaking up bits of sun, and watching the clouds. We diverted on the way back to Giant to spend some time on the slide, then headed up to the top. Giant's summit was very windy but it had warmed up enough so that we could sit comfortably with a bit of extra clothing from the packs. After some quality summit time, we headed down on the Ridge Trail. We took our time on the open outlooks, enjoying the changing scenery. On our arrival at Route 73, we retrieved the car we spotted down the hill, and headed back not five minutes before driving into a short, intense shower. A stop at Marthas in Queensbury for ice cream completed a fine day. Participants: Jen Ferris, John Hallock, Kimberly Labrecque, Wayne Richter, Dave White.

Tenant Creek Falls Sat, Aug 12, 2017, Nick Ringelberg

- Our small group of four had most of the three waterfalls to ourselves on a delightful, sunny (if slightly cool for August) day. We started from the new parking area, about 0.4 of a mile before the old trailhead. In about a mile on the new trail, we reached the first of three falls. About 50 feet tall, the pool below it looked inviting, but it was a little chilly for swimming. The next two falls were reached by following an easy herd path through another mile of idyllic hardwood forest, often gazing down from a lofty cliff overlooking the Tenant Creek gorge. The return hike was along an old logging road that paralleled the creek, through bushes that yielded up a few blackberries, followed by a short bushwhack that brought us back near the first falls. After a quick lunch, we returned to the parking lot. Participants Linda Ranado, Nick Ringelberg, Magdaline Zink, and Nancy Zink.

Trip Reviews

Tuesday Outing - FTC Tue, Aug 15, 2017, Maureen Coutant

- This month my Fire Tower Challenge hike was our first one to the Catskills. We wound up doing Tremper Mountain. It's a little over 6 miles and described accurately as steady. We had a small group and took it slow, since it was a bit hot and humid. Along the way and up on top, we found the geocaches that are hidden. This is the second part of the challenge for Sarah who as well as doing the Fire Tower Challenge, is also finding the caches that are usually on the top or along the trail. Afterwards, we stopped in Woodstock for an ice cream and then walked along the main street checking out the town. Great time. Participants: Sue Atwell, Mo Coutant, Sarah King, Licia Mackey.

Hooper Mine, William Blake, Botheration Ponds, Plus Elizabeth Point Loop, North River Sat, Aug 19, 2017, Rich Crammond

- This was just a great day to be on the trail. Hiking with some nice people like Linda Ranado, Education Chair, was very enjoyable. We saw many red efts along the trail, the old mine area, two real neat ponds, moose tracks, and bear scat in the path. It didn't get no better than that. Thanks to all for enjoying this day with me in the Adirondacks. Participants: Linda Ranado, Reg Prouty, Ray Boucher, Rich Speidel, Peter Bishop, Rich Crammond.

Lost Gorge rockhop Sun, Aug 20, 2017, Jayne Boudier

- We had a great day - after we got wet up to our knees a few times, and gave up trying to stay dry. The water wasn't cold, and the nicest part of the day was wading the gravel bars on the way back. Participants: Jayne Boudier, Barbara Bilins, and Linda Ranado.

Boreas Ponds Bike Ride Sat, Aug 26, 2017, Nick Ringelberg

- It was a perfect sunny day for a bike ride on a nicely hard packed dirt road. Reaching the bridge overlooking the first Boreas Pond within an hour, there was a clear view looking toward Allen Mountain in the distance. We explored the area, with loons and otters sighted and moose tracks, but no moose sightings, and returned after a pleasant day, only slightly discouraged from finding no blackberries. Very easy bike ride over slightly rolling terrain. Would you believe down hill, both ways? Participants: Jayne Boudier, Nick Ringelberg, Jim Swart.

Erebus from Shelving Rock Brook Mon, Aug 28, 2017, Jayne Boudier

- 8-27-17. With a delightful group of 6, we left the red markers and set out on a half mile bushwack (meander/thrash) to Erebus summit. There we gratefully found a sign (a really nice one), and Erebus's overgrown, blowdown guarded ledge. We enjoyed the sun and view for quite a while... What a beautiful, cool day on the Shelving Rock Brook Trail! Great trip! Great group! Participants: Scott Anderson, Jayne Boudier, John Hallock, Chuck & Gail Helfer, and Charlie Pensabera.

Tuesday Outing - Paddle Tue, Aug 29, 2017, Maureen Coutant

- This week we paddled from Nolan Road in South Glens Falls down the Hudson to the Feeder Canal dam and then back. We had another perfectly calm night with the river like glass. Julie joined us on her stand-up paddleboard and let anyone who wanted a chance to give it a try. Laurie and I took her up on her offer and didn't fall in. The water seemed a bit high so some in the group explored the backwater area near the dam and caught up with the rest of us after they realized we didn't follow them in! A beaver was spotted by some in the group. Participants:

pants: Ray Boucher, Tina Crook, Mo Coutant, Julie Leonelli, Licia & Steve Mackey, Laurie Williams.

Pharaoh Lake Via Mill Brook Sat, Sep 2, 2017, Reg Prouty

- This was a beautiful day for an easy walk to Pharaoh Lake. It's a good thing that DEC has built a new bridge over Mill Brook as the water is now as deep as 4 feet due to the wet summer and additional beaver activity under and attached to the new bridge. Even Riley, Neal's new puppy, enjoyed Reg's trumpet tribute to Grace Hudowalski. We had a relaxing lunch at lean-to #1. Five participants: Reg Prouty, Neal VanDorsted, Jim Brown, Laura Fiske, and Patti Schwankert.

Cliff and Redfield Sun, Sep 3, 2017, Wayne Richter

- With rain from the remnants of Hurricane Harvey forecast to make the scheduled day of the hike wet and cold, and discouraging all from wanting to hike, we moved it up a day from Sunday to Saturday. Sadly, several of those signed up were unable to make the change, so we had a small group for a gorgeous day. It started out cold, with a solid frost, but brilliant sunshine in a cloudless sky, together with a brisk pace, soon had us warm enough. We took a break in the sunshine at Flowed Lands, continued to cross the Lake Colden Dam, and headed up the Opalescent with its falls and flumes. Of course we had to stop often for photos and just to admire. We made it across the mud wallow on the way to Cliff and climbed up the rocks to the summit where we basked in the sun for lunch. Back down we went with fine views of Skylight, Marcy, Colden and Algonquin, then headed up Redfield along Uphill Brook with more wonderful views of the peaks. We had another enjoyable summit visit with the Dix Range in sharp outline before the waning afternoon sent us on our way. We had a final pause for a snack on the rocks of the Opalescent just before the suspension bridge. A final look at Flowed Lands was irresistible. The mountains were bathed in a golden light from the setting sun with touches of fall color just beginning to appear. Our headlamps came on as we neared the Calamity Brook crossing, and we finished by the light of a nearly full moon. Participants: Jen Ferris, Kimberly Labrecque, Wayne Richter.

MacNaughton via MacNaughton Brook Sat, Sep 9, 2017, Nick Ringelberg and Jayne Boudier

- #47: A cloudy, wet day. Rains had MacNaughton Brook too full to hike, so gamely into the thick, soaking woods we went - sometimes on a slight trail, keeping the brook within earshot. Higher up, in thick hemlock growing through old blowdown, the brook disappeared, and with no sign of the herdpath, Nick took us straight to the summit. Wet, happy hikers! We hung around on top for lunch. Then more of the same coming down, and we found the marked trail to our relief. Great trip! Great group! 13 miles, 3200 feet, 11 1/2 hours. Participants: Joe Babcock, Jayne Boudier, Paul Gebhard, Erica Halbrook, Eric Kimmelman, Jeffrey P. Martin, Wayne Richter, Nick Ringelberg, Klaus Summerlatte, Akane Suzuki, Dave White, and Jim Zwynenburg.

Monthly Monday Geocache Mon, Sep 11, 2017, Sarah King and Mo Countant

- We had some beautiful weather for our trip down to Thacher Park and Thompson Lake. We started out at the north end of Thacher, parking at the Carrick Road parking. It's so cool the way nature has created a natural parking lot here. We encountered some very creative hides here finding 8 of the 9 caches placed here. It was Todd's first time at Thacher and we had fun pointing out all the cracks and fissures in the limestone in this area. Now off to Thompson Lake to look for the 9 caches here. Again, some very creative hides here that will be around through Veteran's Day if anyone would like to find them. One in

Trip Reviews

particular, called Stomp, had us laughing as Todd used his foot power to shoot the cache out for us to sign. We also spied some closed bottle gentian, dolls eyes and asters as we walked along the trails at Thompson Lake. As always, a fun day out with friends and some great geocaches. Participants: Sarah King, Mo Coutant, Todd Earl, Licia Mackey, Steve Gray, Diane Demetriou, Julie Leonelli.

Tuesday Outing - Paddle Tue, Sep 12, 2017, Maureen Coutant

- I know I've heard a lot of complaints about this summer's weather, but I had great weather for the Tuesday outings. This week was no different. We headed up to Brant Lake for a daytime paddle and had picture perfect weather with a light fog rising off the water in the distance and mirror-like water. We did have one snag, which shouldn't have been had I been more responsible. When we got to the boat launch, there was a boat inspector who was there to protect the lake from invasives. If you'd had your boat elsewhere within the past 2 weeks and it wasn't properly washed...you had to go to a power washing station that wasn't all that nearby. I used to put that reminder in my emails to the group, but this year...that's dropped off my standard message and one of the people in our group paid the price. We always want to be good stewards to the waters and lands of the Adirondacks and elsewhere, so please keep this in mind when you are bringing your boats to different lakes. It was a wonderful day and paddle, ending with a lunch at the outdoor picnic tables at the Crossroads County Store on this beautiful day. Participants: Mo Coutant, Julie Leonelli, Licia Mackey, Joy Muller McCoola, Ted Orosz, Anne Paolano, Sandra Smith, Diane White.

Ellen and Abraham - Vermont 4000 footers Sat, Sep 16, 2017, Eric Kimmelman and Akane Suzuki

- Thanks to 9 hardy hikers, especially my co-leader Akane, for making my first lead for the Glens Falls chapter of the ADK a success. We hiked two of Vermont's highest and finest peaks, Ellen and Abraham. Along the way, we faced unseasonably hot and humid conditions but enjoyed some of Vermont's finest views. We also rescued Dave from a plane that crashed over 40 years ago. Participants: Jayne Boulder, Mark Cummings, Jen Ferris, Paul Gebhard, Eric Kimmelman, Carol Klepper, Jeff Levitt, Wayne Richter, Akane Suzuki and Dave "Ocho" White.

Pharaoh Mountain Sat, Sep 16, 2017, Reg Prouty

- We actually counted five summits to Pharaoh if you want a 360 degree view in all directions and saving the original spot where the fire tower used to be for last. Visibility was great as we could see the high peaks. Six hikers: Reg Prouty, Scott Anderson, Eric Sabatella, Ingrid Wiels, Gail Helfer, and Chuck Helfer.

Tuesday Outing - FTC Tue, Sep 19, 2017, Maureen Coutant

- This month the Fire Tower Challenge hike was up Pillsbury Mountain. My husband says we'd done it and has pictures, but it was at least 20 years ago and I can't really say I remembered it. The drive in includes a section along dirt roads with the last section getting a little rougher but manageable by most cars with careful driving. The road closes November-May, so we wanted to do this one while we could drive in. It was a really nice hike and although we couldn't get into the fire tower cab, we climbed up the stairs to get a nice view. We once again had great weather. We ate and chatted at the bottom of the fire tower, lying on the bedrock, and didn't want to leave. I love hikes and weather like that. Participants: Mo Coutant, Leo Demers, Sarah King, Margie Litwin, Mike Marsh, Rich Myette, Kathi Noble, Anne Paolano, Bob & Sandy Powell, Laurie Williams.

Marshall Peak and plane crash site Sat, Sep 23, 2017, Mike Fuller

- A couple of years ago I started a new tradition, growing Adirondack Blue and Red Patatas, and giving everyone a 10 lb bag for going on the hike. So it's starting to be called the Patata Hike. We couldn't have had better weather, clear, dry, and warm. We stopped at the Henderson Monument and Flowed Lands for a break and picture. What a WOW DAY!!!!!! Up Herbert Brook which had barely a trickle that met dry feet, and a break at the alpine bog. Soon we were all at the summit. Congrats to Mike, Maryanne, and Kim for adding Marshall to their 46er quest, and to Anne for getting #23, halfway there. After lunch, pictures and super views, we headed down the herd path to the Cold Brook Trail, and to the plane crash site. Someday I'd like to find the tail section of the plane. Our last break was at the Lake Colden Outpost, where Dave tried to wade across the lake, and got about half way. The hike back to Upper Works had us out before dark. A group picture at the parking lot ended a great day. 11 very happy participants: Joe Babcock, Anne Mania, Wayne Richter, Kim Battiedglia, David White, Chris Collins, Eric Kimmelman, Akane Suzuki, Maryanne Mullary, Michael Badagliacca, and Mike Fuller.

Essex Chain Lakes Sat, Sep 23, 2017, Rich Crammond

- The views from some parts of this loop hike we did were very nice but the best one was from 4th and 5th Lake. Thanks to Peter for great map reading to keep us on course to the ponds. Highlights of this outing were seeing a pair of loons, a short bush-whack (Eeks!), Reg playing his horn, good hiking buds, and great early fall weather. Participants: Jayne Boulder, Peter Bishop, Reg Prouty, Rich Crammond.

Tuesday Outing - Paddle Tue, Sep 26, 2017, Maureen Coutant

- This week was the amazing week where it was almost 90 degrees and breaking records in the area. So, we went paddling off the shore on the east side of Lake George. We did the short carry down from Shelving Rock Road and paddled north to Glen Island and then headed back south to Log Bay Island where we got out and had our lunch. Then we walked around the island and found a couple of places to go in for a dip to cool off. It was just great! The water wasn't even cold, especially on the side of the island facing the land where there's a shallow sandy area. I just wish you could all have joined us on this wonderful treat at the end of September! Participants: Mo Coutant, Rich Myette, Anne Paolano, Jerry White.

Hammond and Moose Mtn. Ponds Sat, Sep 30, 2017, Bill Schwarz

- Rain ended just in time for hiking - this is a moderate trail, partly an old farm road along Berry Mill Flow. We ended at the lean-to for Moose Mountain Pond, and then discovered a nearby rock face which afforded a better view. Chuck and Gail were knowledgeable about the number of mushroom varieties we found and photographed some of them. 3 participants: Chuck Helfer, Gail Helfer, Bill Schwarz.

Lake George Island Canoe & Camp Sat, Sep 30, 2017, Jayne Boulder

- Saturday forecast - rain, highs in mid 60s, low in mid 30s. But Ray & Chrissy showed up! Hung around @ Panera, hung around @ Million Dollar 1/4 mile, drove down Shelving Rock Rd, hiked the rock climber's trail, & carriage trail to Shelving Rock Falls (total 18000 steps...). Finally blue sky was showing, so we launched, set up camp, & the rest was sunny! Participants: Chrissy Bombard, Ray Boucher, & Jayne Boulder.

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

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.

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.

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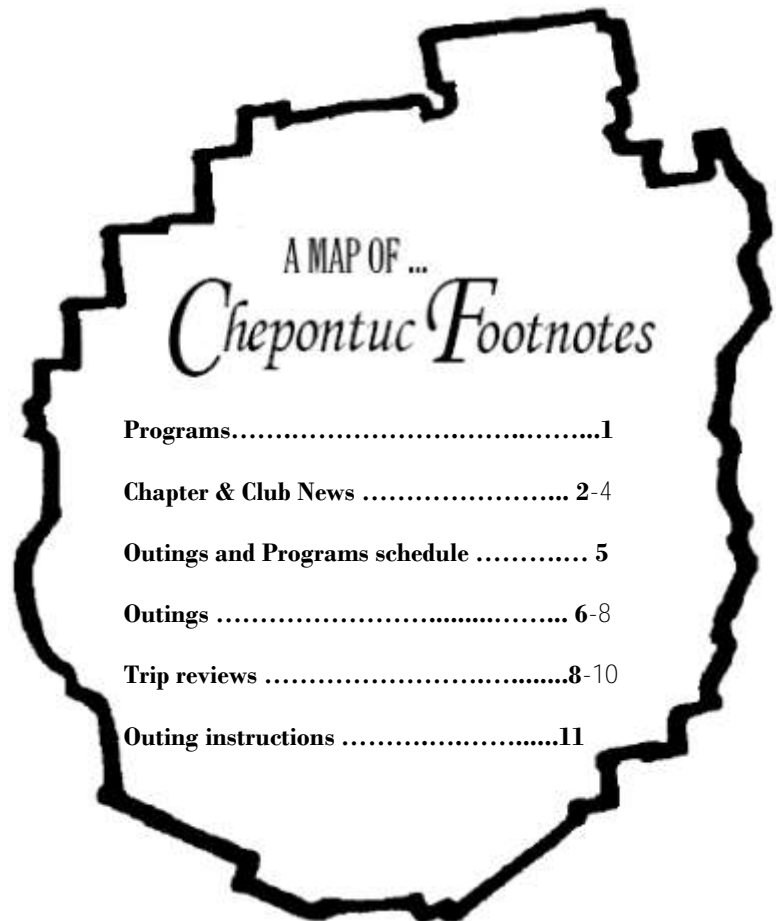
POSTMASTER: CONTAINS DATED MATERIAL.
 PLEASE DELIVER PROMPTLY. THANK YOU.



Are you moving?

If you are moving 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 call to the Club is all you need!



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