



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

# Chepontuc Footnotes

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

## India and Bhutan Windows on the Himalayas

Presented by John Schneider

**Wednesday, May 16, 7:00 pm**  
Crandall Public Library

In April 2017 John Schneider took an 18-day trip to India and Bhutan. India is the world's second most populous country with 1.3 billion people. Bhutan is a small kingdom of 780,000. After a long non-stop flight to New Delhi, John took one day to ac-



climate.

The following day his group boarded a train before 6:00 am for a 140-mile ride to

Agra to

visit the Taj Mahal and three other sites. They experienced interesting traffic conditions in New Delhi and Agra.

The group then flew north to Sikkim, once an independent kingdom, but since 1975 a small Indian state bordered by Nepal, Tibet, and Bhutan. There they went on a five-day trek with views of the Himalayas, especially Mount Kanchenjunga, highest peak in India and third highest in the world at 28,169 feet. They stayed at mountain "lodges" and passed through forests with many different types of rhododendrons and saw the famous Himalayan yaks. In addition to trekking in Sikkim, the group

traveled along valleys so steep the front of a home at street level was three stories above ground at the rear, only 10-15 feet back from the street. They also visited monasteries, a Tibetan refugee center, art centers, and stopped at tea plantations to sample famous Darjeeling teas.

Then came a flight to Bhutan, whose main airport approach is so unusual and difficult that

only about 24 commercial pilots are certified to land there. Bhutan is a very modestly

populated country with modest traffic and virtually no traffic lights or stop signs in the capital city of Thimphu of 104,000 people. Bhutan is a Buddhist nation that pioneered the concept of "gross national happiness." The group visited a number of its 500-year old former forts, which contained both religious and governmental units. The group visited cultural and religious sites, museums, and one of the world's largest statues of a seated Buddha, at 169 feet tall. A highlight of the trip in Bhutan was a hike to the Tiger's Nest, a Buddhist monastery literally built on the side of a very high cliff.



Come enjoy pictures of the New Delhi traffic, cows in the middle of such traffic, the most awe-inspiring Taj Mahal, unusual architectural features, Asian toilets, the hiking trek, monasteries and cultural places, the unique architecture of Bhutan, the large Buddha statue, the Tiger's Nest Monastery, and of course views of the Himalayan Mountains.

## Chapter Chair Report ~ by Kathi Noble

I was very lucky to have spent a week this winter skiing at Telluride in Colorado. What a beautiful place! One day we took a break from skiing and hiked into Bear Creek Falls. It was a moderate 4.6-mile round trip hike with an elevation gain of 1,140 ft. The falls are at 9,940 ft. We walked along a creek for part of the way, through a snowy meadow, saw some dramatic cliffs and up to the falls, which were beautifully frozen! All of that was very breathtaking, but what I remember most about the hike is the sign that was posted at the beginning of Bear Creek Preserve. It contained information similar to what is listed below. As a result I'm working harder on reducing my footprint on the environment. I've been using reusable grocery bags for several years now and I recycle paper, plastic, glass, tin cans, etc. I also donate clothing I no longer wear and try to find ways to reuse many items. I'm trying real hard not to buy anything that comes in Styrofoam.



Please remember this list at home or outdoors and do your part to reduce the negative impact the each of us may have on the environment.

### Check out how long each of these products takes to decompose in the environment

Banana Peel: 3-4 weeks  
 Paper Bag: 1 month  
 Cardboard: 2 months  
 Wool Sock: 1 year  
 Tinned Steel Can: 50 years  
 Aluminum Can: 200-500 years (can be recycled within 6 weeks!)

Disposable Diapers: 550 years  
 Plastic Bags: 20-1000 years  
 Plastic Jug: 1 million years  
 Glass: 1-2 million years  
 Styrofoam: 1+ million years  
 Source: <https://behealthyandrelax.com/2007/11/how-long-does-it-take-to-decompose/>

**Contact us at: [adk-gfs.org](http://adk-gfs.org), [facebook.com/adkgfs](https://facebook.com/adkgfs) or [facebook.com/SaratogaYMG](https://facebook.com/SaratogaYMG)**

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<b>First Vice Chair</b> Maureen Coutant 518-745-7834 vicechair@adk-gfs.org	<b>Education</b> Linda Ranado 518-696-7625 education@adk-gfs.org	<b>Web site</b> George Sammons 518-743-9692 webmaster@adk-gfs.org
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<b>Past Chapter Chair</b> John Caffry 518-798-0624 pastchair@adk-gfs.org	<b>Programs</b> Sarah King 518-798-0615 programs@adk-gfs.org	<b>Alternate Directors</b> Peter Benoit Maureen Coutant Laurie Williams

# Membership Update ~ by Pat Desbiens

## NEW MEMBERS - JANUARY

Shawn Belschwender, Chicago, Illinois  
Christina Bombard, Queensbury  
Chris Clark, Queensbury  
Gary, Amelia & Sarah Graff, Brattleboro, Vermont  
Doug Lavigne, Shushan, New York  
James Marra, Ballston Lake  
Zachary, Ethan & Jack Mason, Newport News, Virginia  
Rashna Meunier, Saratoga Springs  
Michael, Lora & Olivia Spector, Shamong, New Jersey  
Elisabeth, Philip, Josiah & Samuel Whitley, Rockport, Massachusetts  
Robert & Thomas Wilhelm & Anne White, Boston, Massachusetts

## REJOINED MEMBERS - JANUARY

Phillip Alonzo, Gansevoort  
Tom Clark, Salem  
Jake & Julia Greiner, Queensbury  
Brian, Michele & Richard Lamos, Queensbury  
Jeffrey, Sandra, Peter, Jennifer, Laura & James Mans, Loudonville  
Thomas, Kimberly, Aiden & Rory McGuire, Clifton Park  
Jeffrey Pearl, Queensbury  
Ann Sieckhaus, Milford, Connecticut

## NEW MEMBERS - FEBRUARY

Rachel Bakerian & Chris Adams, Glens Falls  
Rene Cooper, Malta  
Robert Flacke, Jr., Diamond Point, New York  
Brian Hoffman, Middle Grove  
Todd & Kelly Huber; Devon, Patrick & Arin Battersea, Lake George  
Geoff & Jillian Jones, Middle Grove  
John & Annie Krasnicki, Saratoga Springs  
Jim Mulder, Lake George  
Jeffrey Pintuff, Wilton  
Benjamin, Danielle, Emmalynn & Elliott Wilcock; Hunter Stevens, Ballston Spa

## REJOINED MEMBERS - FEBRUARY

Alex Parrott, Lake George  
Will Vandercar & Karen Sewell, Saratoga Springs



**Come join us on Cinco de Mayo (May 5<sup>th</sup>)  
from 9:00 am to 2:00 pm for a  
Spring cleanup at ADK Headquarters  
( west on 9N off Exit 21 of the Northway)**

Join fellow ADKers to help spruce up the ADK HQ building for the busy summer season. We rake, put out the picnic table & parking lot timbers, maybe even stain a little bit of the building if the weather allows. Dress for a mess & bring a rake and gloves ~ if you want to. No worries if you don't want to rake, we can find other jobs for you! Call Maureen (518-745-7834) if you have special skills or equipment to offer. Coffee, muffins, donuts or scones, and lunch provided! Potluck Mexican lunch: feel free to bring something Mexican to share and add to the food provided. It'll be fun to see what people bring! Not required...just for fun!

Thank you for joining or renewing!

Don't forget to check out our website at [www.adk-gfs.org](http://www.adk-gfs.org) for up to date outings and events, membership information, Fire Tower information, program details, photo gallery from trips, and links to other outdoor information.

**Find out how the Chapter works!**

**Upcoming Executive Committee meetings:**

**May 2 @ 7:00pm @ Crandall Library, GF  
June 6 @ 7:00 pm @ Crandall Library**

**Call or email Chapter Chair Kathi Noble  
for more info**

## In Memory of Our Friend Eric Krantz ~ by Maureen Coutant

**W**e're sure many of you have heard that a regular to our Tuesday outings, Eric Krantz, was in a bicycling accident and died at the end of March. Eric was such a great guy. He was always amusing us with corny puns, amazing us with his poetry that he could bring to mind and recite even though he wrote it a decade or more ago, educating us by identifying birds by their calls, or by sight, if he could spot them, or just entertaining us with all his stories of his travels and amazing life.



**Eric Krantz**  
**7/13/1940—3/27/18**

He came up with his own jokes and was thrilled when they would be published or read on NPR.

Eric was a true renaissance man. If you didn't know him from coming on the Tuesday trips, you might know him from his involvement in a Lake George book club, or from his attendance at the Folk series at Crandall Library or at Caffé Lena, or participation in the biking time trials or from his Letters to the Editor. He was a big supporter of Lena's and a participant at open mics. He also supported the birding group, Friends of the IBA, and many other local nonprofits. He volunteered with Caritas and enjoyed sharing his love of nature and the community with his clients.

Erik was very generous with ADK, in particular with the Tuesday mid-week paddle group. Each spring and fall, he would host a trip from his home where we'd launch from his

beach  
and  
paddle

out to check out the eagles that he would keep an eye on. Then we'd return to his deck to have lunch overlooking his favorite spot. He loved Lake George and I'm so glad he was able to live and enjoy this area for as long as he did. This doesn't even scratch the surface of the groups that he was involved with, so I know that he will be missed tremendously by many people. I know I miss him and our Tuesday group won't be the same without him. I'll plan a memorial hike and paddle for him sometime this year and I hope those who knew him will be able to join me and share some Eric stories.



- Maureen Coutant



## Our Chapter Needs Some Good Volunteers

As a way to develop a listing of chapter members that want to help out with the chapter, a volunteer request form has been developed. Please complete the volunteer form indicating your areas of interest and a member of the executive committee will get back to you to discuss the next steps.

The form is located on our website (<http://www.adk-gfs.org/>) in the Chapter Links under "Chapter Information Forms & Guidelines" or the link: [Volunteer Request Form](#)

Contact Kathi Noble 518-668-3046  
or email [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)



Cheney Cobble in March

## Fire Tower Challenge ~ by Kathi Noble

Reading the finisher letters is always interesting and inspiring. Keriann and John Mietz loved the challenge so much that John proposed to Keriann on Bald Mt and they had fire tower centerpieces with candles in them at their wedding. That's just awesome! Robert Suss reminisced about receiving souvenir cards that were given out at the top of the tower mountains. He still has many of them. Lori

Semprevio commented how she successfully used a compass to bush-whack back to the trail when she had gotten off the main trail.



## Congratulations for completing the Adirondack Mountain Club Fire Tower Challenge:

Ashley Congdon Ilion, NY  
Sascha Clapper Ilion, NY  
John Mietz Weedsport, NY  
Keriann Mietz Weedsport, NY  
Bob Reepmeyer Saratoga Springs, NY  
Robert Suss Voorheesville, NY  
Christine Rounds Clifton Park, NY  
Mark Purdy Liverpool, NY  
Zachary Purdy Liverpool, NY age 13  
Mychaela Purdy Liverpool NY age 9  
Peter Evans Webster, NY  
Ryan Kelly Whitesboro, NY  
Karmie Klotz Whitesboro, NY

### Winter Rocker:

Nancy Haggerty Johnsbury, NY  
Robert Haggerty Johnsbury, NY  
Lori Semprevio Johnstown, NY single season

*Fire tower photos by Bob Reepmeyer*



# Banff Mountain Film Festival Post Event Report

The inaugural showing of the Banff Mountain Film Festival was a huge success!

We sold out the Theater at SUNY ADK with 400 attendees. We covered all the costs and have money left over to dedicate to putting on the show next year. We will be hearing from our Banff contact soon to schedule the Feb 2109 show.

Unique to the Queensbury Showing: It's not many film festivals that a bathroom option is a port-a-potty. But that was a choice for our Queensbury showing! The SUNY ADK Theater is attached to a building that was being built and the bathrooms were not accessible. The committee decided to rent a couple of port-a-potties which were placed at a side entrance. So instead of making the trek to surrounding buildings and hunting for the bathrooms in the rain, many attendees used a port-a-potty. Jamie, our Banff Rep, thought this was a first and was impressed with our attendees!



## Thanks again to our local sponsors:

Fountain Square Outfitters, Rocksport, the law firm of Meyer & Fuller, SUNY Adirondack Adventure Sports Club, Cool Insuring, and Advantage Press for the tickets and posters, the Queensbury Hotel for donating a room for our Banff representative and SUNY ADK Information Tech Department for all their help making it happen! Also thanks to the following for our local door prizes: Adirondack Mountain Club, Adirondack Extreme, Fountain Square Outfitters, The Hub, Joy Works by Joy Muller McCoola, Rocksport, Summit Yoga, and West Mountain.

## Here are some of the comments we received afterwards:

*"Congratulations on a huge success. You made a boring Monday night into a lot of fun for a lot of people." -Jane Morrissey*

*"My family and Malcolm thought it was fantastic - a 12 on the 10 scale. Malcolm's suggestions are making it more than one night - with different films." - Kim Brown*

*"Great job w/ the Film Festival! Interesting selection, very entertaining. Seemed like a big success. Hoping the large turn-out made enough of a positive impression to warrant a return next year and beyond. Thanks for all your effort to make it happen." - Tom & Lydia Hall*

*"In the last 15 years we have only missed the festival once maybe twice! We usually go to Lake Placid with friends but they sold out faster*

*than usual. We really enjoyed the films last night - it was a great show. We are thinking to attend both shows next year! I loved the girl-focused films "Johanna" and the mtb painter were fascinating & the last one was just awesome. As someone who climbs, "Stumped" was captivating." - Shannon Thomarie*

*"Great job on the part of the committee with the organization of the Banff Film Festival. I know it was a lot of work but, at least from my vantage point, everything was well-organized, ran smoothly and was enjoyed immensely by all those in attendance. I overheard a number of wonderful comments on the films from people as they were filing out at the end of the evening and I also heard that even the bake sale sold out - I'm sure that made the kids happy." - Pat Desbiens*

# Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
<b>May 2018</b>					
1	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
2	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
5	Sat	Hike	Mount Adams Fire Tower	Amanda Gomez	A
5	Sat	Hike	Exploring Prospect Mountain	Bill Bechtel, Kathryn Taylor	B+
5	Sat	Other	Spring ADK HQ workday	Maureen Coutant	NR
5	Sat	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
6	Sun	Hike	Clear and John Ponds	Jack Whitney	B
7	Mon	Geocache	monday Monthly Geocache	Sarah King, Mo Coutant	NR
8	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
12	Sat	Paddle/Camp / Hike	Cedar River Flow	Jayne Boudier	A
12	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
15	Tue	Hike	Tuesday Outing	Maureen Coutant	NR
16	Wed	Program	"India and Bhutan - Windows on the Himalayas" presented by John Schneider	Sarah King	NR
19	Sat	Hike	Blue Mountain Fire Tower	Rich Crammond	B
19	Sat	Hike	Sleeping Beauty-Bumps Pond Loop	Reg Prouty, Christina Bombard	B
20	Sun	Hike	Wolf Pond Photo Hike	Jack Whitney	B
22	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
23	Wed	Hike	Mountain Bird Hike - Hadley Mountain	Rich Speidel	B
26	Sat	Bike	Mountain Bike near Gore Mtn	Steve Mackey	A+
26	Sat	Hike	Pole Hill Pond Preserve	Bill Bechtel, Kathryn Taylor	B+
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
<b>June 2018</b>					
2	Sat	Bike	Three Lakes Bike Loop	Joanne Conley, Cole Hickland	B
4	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
5	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
10	Sun	Hike	Chimney Mt.	Jack Whitney	B
12	Tue	Hike	Tuesday Outing	Maureen Coutant	NR
16	Sat	Hike	Azure Mountain Fire Tower	Amanda Gomez	C+
16	Sat	Hike	Balm of Gilead, Hooper Mine, William Blake Ponds and Elizabeth Point Lunch Break	Rich Crammond	B
17	Sun	Hike	Young Members: Lake George Leader's Choice	Stephanie Gaudons	B
19	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
23	Sat	Hike	Buck Mountain	Brian Coville	B
24	Sun	Hike	McKenzie Mt.	Jack Whitney	B+
26	Tue	Hike	Tuesday Outing - evening picnic	Maureen Coutant	C
<b>July 2018</b>					
1	Sun	Hike	Hurricane Mt. Wildflower/Photo Hike	Jack Whitney	B+
10	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
14	Sat	Hike	The Vly and Botheration Pond	Rich Crammond	B
20	Fri	Camp/Hike	Young Members: Cardigan Campout (NH)	Stephanie Gaudons	B+
21	Sat	Hike	Kane Mountain Fire Tower	Amanda Gomez	C
21	Sat	Hike	Phelps Peak From Klondike Notch Trail -	Reg Prouty	A
24	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
28	Sat	Hike	Basin and Saddleback	Wayne Richter, Ben St. Andrews	A+

# Outings and Programs 1 of 3

## **TUESDAY OUTING** - [ Walk/Hike ]

Tue, May 1, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See May 29th.

## **EXECUTIVE COMMITTEE MEETING**

Wed, May 2, 2018, 7:00 pm, Rating: NR  
Kathi Noble - 999-9999, [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)  
- Meeting at Crandall Library - probably contact Chair to verify

## **MOUNT ADAMS FIRE TOWER** - [ Hike ]

Sat, May 5, 2018, 6:00 am, Rating: A  
Amanda Gomez - 518-526-8932, [hurricanes706@yahoo.com](mailto:hurricanes706@yahoo.com)  
- Spring is upon us and it's time to start checking off what we've been putting off, the Fire Tower Challenge. Mount Adams is a large elevation gain with some steep spots, and over 4.8 mile round trip. Even though the cab is closed due to damage, we can still hike. There is an 1800 foot elevation change with this one so there is sure to be strenuous parts of this hike. Please call me if you wish to sign up as safety is my utmost goal. The more the merrier! Carpooling encouraged!

## **EXPLORING PROSPECT MOUNTAIN** - [ Hike ]

Sat, May 5, 2018, 9:00 am, Rating: B+  
Bill Bechtel - 518-399-1206, [williamandkaren@nycap.rr.com](mailto:williamandkaren@nycap.rr.com)  
Colead: Kathryn Taylor - 518-852-5459 or [kathryn@ktp.com](mailto:kathryn@ktp.com)  
- Starting near the beginning of the Prospect Mt. Tour Road we will climb on two old roads to meet the trail from the village about half way to the peak. We will finish our climb to the peak on this trail. The return to our cars will be on different herd paths and old roads to complete almost a loop. Including the tour road there are six different ways (not bushwhacking) to hike to the peak of Prospect. We will use two of them. Total miles is 7.0 and ascent almost 2000 feet. Group limited to 12 persons.

## **SPRING ADK HQ WORKDAY** - [ Other ]

Sat, May 5, 2018, 9:00 am, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- Come join fellow ADKers to spruce up the HQ building and grounds just off Exit 21 in Lake George. We need to do all the things that normally get done around your house in the spring...raking, garden prep, windows, cleaning gutters, etc. But it's so much more fun to do it with others and help out the Club. Plus, there's baked goods for breakfast and since it's Cinco de Mayo, I thought we'd do a Mexican lunch. How about a Mexican potluck? No worries though...you don't have to bring anything, but if you want to great! It'll be fun to see what shows up. Call or email to sign up and get more info!

## **SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK**

Sat, May 5, 2018, time TBD, Rating: C  
Rich Speidel - 518-623-2587  
- 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 6. Meeting Place: Camp Saratoga, Scout Road.

## **CLEAR AND JOHN PONDS** - [ Hike ]

Sun, May 6, 2018, 8:30 am, Rating: B  
Jack Whitney - 518-793-9210, [jackwhitney1758@gmail.com](mailto:jackwhitney1758@gmail.com)  
- A five mile hike to visit these two spectacular ponds near Chimney Mt. Hopefully there will be some early wild flowers along the way. We will hike Clear Pond and on to John Pond and have lunch at lean-to. Rain might cancel.

## **MONDAY MONTHLY GEOCACHE**

Mon, May 7, 2018, time TBD, Rating: NR  
Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Mo Coutant - 518-745-7834 or [mojim@roadrunner.com](mailto: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 8, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See May 29th.

## **CEDAR RIVER FLOW** - [ Paddle/Camp/Hike ]

Sat, May 12, 2018, 6:30 am, Rating: A  
Jayne Boudier - 518-636-3352, [jayneboudier@gmail.com](mailto:jayneboudier@gmail.com)  
- This is a beautiful place! Approximately 9 miles, at a moderate pace. Hopefully we'll beat the black flies.

## **SPRING BIRD WALK - PACK FOREST, WARRENSBURG**

Sat, May 12, 2018, time TBD, Rating: C  
Rich Speidel - 518-623-2587  
- 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 13. Meeting Place: Pack Forest - Route 9, 3/4 mile north of Route 28.

## **TUESDAY OUTING** - [ Hike ]

Tue, May 15, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This week we will try to do a Fire Tower Challenge Hike. Possibly in the Catskills? Maybe Gore? Call or email the weekend before for details.

## **"INDIA AND BHUTAN - WINDOWS ON THE HIMALAYAS" PRESENTED BY JOHN SCHNEIDER** - [ Program ]

Wed, May 16, 2018, 7:00 pm, Rating: NR  
Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- In April 2017 John Schneider took an 18-day trip to India and Bhutan. Come enjoy pictures of the New Delhi traffic, cows in the middle of such traffic, the most awe-inspiring Taj Mahal, unusual architectural features, Asian toilets, the hiking trek, monasteries and cultural places, the unique architecture of Bhutan, the large Buddha statue, the Tiger's Nest Monastery, and of course views of the Himalayan Mountains.

## **BLUE MOUNTAIN FIRE TOWER** - [ Hike ]

Sat, May 19, 2018, 8:30 am, Rating: B  
Rich Crammond - 518-584-2380  
- We will hike to the summit for some good views, hopefully. Dress for mountain weather and bring your microspikes, too. We may need them. Four miles round trip, ascent 1550 feet, summit elevation 3759 feet. Meeting place: Tops Market, Main Street, North Creek. We will car pool from there. Let's "get 'er done," hiking buds!

## **SLEEPING BEAUTY-BUMPS POND LOOP** - [ Hike ]

Sat, May 19, 2018, 8:30 am, Rating: B  
Reg Prouty - 518-747-9736, [reginaldprouty@gmail.com](mailto:reginaldprouty@gmail.com)  
Colead: Christina Bombard  
- This Sleeping Beauty is a favorite Lake George area loop I do as a counter clockwise loop ascending Sleeping Beauty first and then dropping down to Bumps Pond and out. The round trip is 4.5 miles and the ascent from Dacy Clearing is 1038 feet. Pace will be moderate with time for a relaxing lunch and pictures on the summit.



# Outings and Programs 2 of 3

## WOLF POND PHOTO HIKE

Sun, May 20, 2018, 8:30 am, Rating: B

Jack Whitney - 518-793-9210, [jackwhitney1758@gmail.com](mailto:jackwhitney1758@gmail.com)

- There should be some great spring views from this pond; 6 miles round trip. The pond is located near Tahawus with views of the High Peaks in the distance. This is a relatively easy walk in the woods with much of it following Wolf Brook. Some wild flowers are in bloom and we should get some photos along the way. Rain might cancel.

## TUESDAY OUTING - PADDLE

Tue, May 22, 2018, time TBD, Rating: NR

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- This will be the first paddle of the season. Join me for an adventure somewhere within an hour of Glens Falls.

## MOUNTAIN BIRD HIKE - HADLEY MOUNTAIN

Wed, May 23, 2018, time TBD, Rating: B

Rich Speidel - 518-623-2587

- A gradual climb of Hadley Mountain, with frequent stops to identify the various bird species from the 1,150 foot starting elevation to the 2,675 foot summit. We will have lunch on the summit and enjoy the mountain and lake views from the fire tower. This morning and afternoon hike has a round trip distance of 3.6 miles with a 1,525 foot ascent. Please call ahead to register and for meeting time/details. The rain date is Thursday, May 24. Meeting Place: Hadley Mountain trailhead, Tower Road.

## MOUNTAIN BIKE NEAR GORE MTN

Sat, May 26, 2018, time TBD, Rating: A+

Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)

- I thought I would lead a trip on ADK's new Ididaride Mountain bike route. I have not done it, so I'll print up some maps, so we can figure it out, as we go. Here is their description - ADK is excited to announce a new 23-mile route for the 13th annual ididaride! in 2018! The new route is ideal for off-road riders, fat-tire bikes, gravel-grinders and overland riders. For those ididaride! cyclists who prefer being in the woods and a little closer to nature, rather than sharing the pavement and enjoying the expansive views along the traditional 75-mile road course, ADK has replaced the "short" road bike ride from Indian Lake with a 23-mile super-scenic mountain/hybrid bike route tour loop. The ride starts from the Gore Mt. Ski Bowl in North Creek ... just like the 75-mile road bike route. Some highlights of the 23-miler include biking along North Creek, crossing both Straight and Chatiemac Brooks and their waterfalls (familiar names to Gore Mt. skiers), biking along Mill Brook, passing tiny Riparius and its historic train depot, biking along rural sections of the mighty Hudson River as it flows through the Village of North Creek to Riparius ... and finally, possibly saving the best for last, biking on the suspended boardwalk trail that crosses under Rt. 28, bringing riders back to the Ski Bowl.

## POLE HILL POND PRESERVE - [Hike]

Sat, May 26, 2018, 9:00 am, Rating: B+

Bill Bechtel - 518-399-1206, [williamandkaren@nycap.rr.com](mailto:williamandkaren@nycap.rr.com)

Colead: Kathryn Taylor - 518-852-5459 or [kathryn@ktp.com](mailto:kathryn@ktp.com)

- This is a delightful hike through beautiful forest with interesting topography. Lots of rock outcroppings, mature forest and great views of Lake George from the highest point on the trail, Walnut Ridge. The trail also passes by Pole Hill Pond. Pole Hill Pond Preserve trail head is located on Rt. 9N, 2.8 miles north of the intersection of Rt. 9N with State Route 11. Route 11 connects to the Northway, Bolton Landing Exit 24. Total miles is 6.0 and ascent almost 2000 feet. Group limited to 12 persons.

## TUESDAY OUTING - [Walk/Hike]

Tue, May 29, 2018, time TBD, Rating: NR

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- We will do a walk or hike within an hour of Glens Falls area, generally. Type of outing varies, so call or email the week before to get details.

## THREE LAKES BIKE LOOP

Sat, Jun 2, 2018, time TBD, Rating: B

Joanne Conley - 518-744-7896, [Conley.Joanne@Gmail.com](mailto:Conley.Joanne@Gmail.com)

Colead: Cole Hickland - 518-339-4938

- A beautiful bike loop with 33 miles of rolling terrain that passes Brant, Loon and Schroon lakes. We will ride at a comfortable/no drop pace. This ride is part of the Warren County Safe & Quality Bicycling Organization's Cycling Challenge: <https://www.bikewarrenco.org/event/warren-county-cycling-challenge/> so it can get you started on the challenge or cross another one off your list. In any case it is a very scenic ride. Meet at The Hub in Brant Lake at 8:30 a.m. to unload your bike and get ready to go. Ride departs sharply at 9:00 a.m. Lunch at The Hub after the ride is optional. Rating: B. We will ride in light rain but heavy rain will cancel. Please sign up via email with Joanne; use either phone number to check for possible cancelation. RSVP: [conley.joanne@gmail.com](mailto:conley.joanne@gmail.com).

## MONDAY MONTHLY GEOCACHE

Mon, Jun 4, 2018, time TBD, Rating: NR

Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)

Colead: Mo Coutant - 518-745-7834 or [mojom@roadrunner.com](mailto:mojom@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 - PADDLE

Tue, Jun 5, 2018, 9:00 am, Rating: NR

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- We will be doing a paddle in the Glens Falls area during the morning and maybe heading somewhere for lunch. Call or email the weekend before for more details.

## CHIMNEY MT. - [Hike]

Sun, Jun 10, 2018, 8:30 am, Rating: B

Jack Whitney - 518-793-9210, [jackwhitney1758@gmail.com](mailto: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 - [Hike]

Tue, Jun 12, 2018, 9:00 am, Rating: NR

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- We will do a hike this week, maybe a Fire Tower Challenge hike?? Call or email the weekend before for more details.

## AZURE MOUNTAIN FIRE TOWER - [Hike]

Sat, Jun 16, 2018, 5:00 am, Rating: C+

Amanda Gomez - 518-526-8932, [hurricanes706@yahoo.com](mailto:hurricanes706@yahoo.com)

- A short and pleasant hike with some switchbacks at 2.0 miles round trip. Whiteface is visible to the Southeast as is Marcy and the Seward Range to the south. Please call me if you'd like to sign up and carpooling encouraged!

## BALM OF GILEAD, HOOPER MINE, WILLIAM BLAKE PONDS AND ELIZABETH POINT LUNCH BREAK - [Hike]

Sat, Jun 16, 2018, 8:30 am, Rating: B

Rich Crammond - 518-584-2380

- Thus will be a loop hike with approximately 500 feet of elevation change and approximately 6 miles of hiking, round trip. Think black flies; they may show up - eeks! Meet at Tops Market, Main Street, North Creek, at 8:30 am, then carpool to the trailhead. See you there, hiking buds!

# Outings and Programs 3 of 3

## **YOUNG MEMBERS: LAKE GEORGE LEADER'S CHOICE** -

[ Hike ]

Sun, Jun 17, 2018, time TBD, Rating: B

Stephanie Graudons - 518-332-4624, [sgraudons@hotmail.com](mailto:sgraudons@hotmail.com)

- Join us for a relatively short half day hike somewhere in the Lake George region for views of Lake George. Hike may be up to approximately 5 miles round trip. Options may include Black Mountain or something from Hogtown/Shelving Rock Road area, such as Buck Mountain or Sleeping Beauty. Hike is weather permitting, trail/route and start time are flexible and to be determined, based somewhat on group interest. Group will meet leader at trailhead. Beginners, children, and friendly, leashed dogs are welcome. Email Stephanie for more information and to sign up.

## **TUESDAY OUTING - PADDLE**

Tue, Jun 19, 2018, 6:00 pm, Rating: NR

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- With the longest day approaching, I thought we'd get a later start to let more people come after working all day! We will paddle somewhere in the Glens Falls area. Call or email the weekend before for details.

## **BUCK MOUNTAIN** - [ Hike ]

Sat, Jun 23, 2018, 8:00 am, Rating: B

Brian Coville - 516-996-5086, [Brian\\_Coville@Outlook.com](mailto:Brian_Coville@Outlook.com)

- Moderately paced hike up Buck Mountain from the Pilot Knob Road trail head. Great views of Lake George from the summit, where we can stop and enjoy some snacks. The hike will probably take between 4-5 hours, and isn't too difficult, though there are some rocky scrambles near the top. Round trip distance: 5.8 miles. Elevation Gain: 1958 feet. Carpool meeting location: Panera Bread, 820 US Route 9, Glens Falls. If you go directly to the trail head, please meet us at 8:30am.

## **MCKENZIE MT.** - [ Hike ]

Sun, Jun 24, 2018, 7:30 am, Rating: B+

Jack Whitney - 518-793-9210, [jackwhitney1758@gmail.com](mailto:jackwhitney1758@gmail.com)

- We will hike this mountain via the Bartlett Pond trail. If you are working on the Saranac six...this is one of the easier ways to hike this mountain. Several views from this summit. Round trip around 5.5 miles. Rain cancels.

## **TUESDAY OUTING - EVENING PICNIC** - [ Hike ]

Tue, Jun 26, 2018, time TBD, Rating: C

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- This will be our last Tuesday outing for the season (the paddles continue every other week). So, I thought we'd end with a picnic dinner on top of Pinnacle Mtn in Bolton. Parking is limited, so we'll car pool from Paneras or meet at another spot near Exit 24. Call or email for more details the weekend before.

## **HURRICANE MT. WILDFLOWER/PHOTO HIKE**

Sun, Jul 1, 2018, 8:00 am, Rating: B+

Jack Whitney - 518-793-9210, [jackwhitney1758@gmail.com](mailto:jackwhitney1758@gmail.com)

- Great 360 degree views from this summit and some wild flowers along the trail. Round trip about 5.5 miles. Slower pace to allow for photographs. A classic Adirondack hike.

## **TUESDAY OUTING - PADDLE**

Tue, Jul 10, 2018, time TBD, Rating: NR

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- This will probably be an evening paddle, but not sure at this point. Call or email or check the website as it gets close to the date!

## **THE VLY AND BOTHERATION POND** - [ Hike ]

Sat, Jul 14, 2018, 8:30 am, Rating: B

Rich Crammond - 518-584-2380

- We will hike to Botheration Pond past the Vly and back out to the starting point off Barton Mines Road, the trailhead. Little elevation change with approximately 5 miles round trip. Meet at Tops Market, Main Street, North Creek, at 8:30 am; car pool to the trailhead from

there. This is moose area; be on the lookout, hiking buds! Bring rain gear and head nets, plus water also. Let's get 'er done, ADKers.

## **YOUNG MEMBERS: CARDIGAN CAMPOUT (NH)**

Fri, Jul 20, 2018, time TBD, Rating: B+

Stephanie Graudons - 518-332-4624, [sgraudons@hotmail.com](mailto:sgraudons@hotmail.com)

- Young Members: Cardigan Campout, Friday, July 20 (after work) to Sunday, July 22. Join us for a change of scenery on this New Hampshire adventure! We'll be camping at a primitive campground for 2 nights (arriving late Friday night, driving back to NY on Sunday), and hiking Mount Cardigan and Firescrew Saturday. The ascent we plan to take is the shortest, but steepest and most difficult, route up Mount Cardigan, with some rock scrambling required higher up. The summit is open rock with a 360-degree view and a fire tower. We will follow the ridge to Firescrew and likely descend the Manning Trail back to the trailhead to make a loop. Approximately 5 miles total with 1,800 feet of elevation gain, including some challenging terrain. This is not a beginner hike and not appropriate for dogs. Participants must have their own camping equipment and be adequately prepared. Number of tents is limited so no solo tents are allowed unless trip does not fill. We plan to go rain or shine, and will adjust route plans accordingly. Cost is \$12 per person to cover the camping fee. Due to the long drive from NY and the busy trailhead, carpooling is recommended where possible. Leader will assist in facilitating a carpool from the Capital District or Glens Falls area when date gets closer. Email Stephanie for more information and provide some information about your recent hiking/camping experience. Group size is limited, leader will maintain a waitlist if needed.

## **KANE MOUNTAIN FIRE TOWER** - [ Hike ]

Sat, Jul 21, 2018, 5:00 am, Rating: C

Amanda Gomez - 518-526-8932, [hurricanes706@yahoo.com](mailto:hurricanes706@yahoo.com)

- We will be taking the East trail for a 1.8 mile round trip ascent. This is a short hike with a moderate grade and a elevation change of only 620 feet. It is possible to make a loop by descending the North trail to make for a longer trek. Please call me if you'd like to join; also, carpooling encouraged.

## **PHELPS PEAK FROM KLONDIKE NOTCH TRAIL** - [ Hike ]

Sat, Jul 21, 2018, 7:30 am, Rating: A

Reg Prouty - 518-747-9736, [reginaldpouty@gmail.com](mailto:reginaldpouty@gmail.com)

- This 8 mile round trip to the summit of Phelps involves an ascent of 1761 feet from South Meadow Road and the last 1.3 miles involving a fairly gradual bushwhack from the Klondike Lean-to to the summit. Phelps is the #32 high peak in height and has tremendous views of the Great Range including Marcy. Be prepared for a long day as we will relax on top and have our lunch before returning to the Klondike Lean-to and South Meadow.

## **TUESDAY OUTING - PADDLE**

Tue, Jul 24, 2018, time TBD, Rating: NR

Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- This week we might travel a little further north to Lake Abanakee or another Adirondack Lake...make sure your boat is cleaned before moving it between lakes. Don't want to bring any invasive species along! Call, email, or check the website the weekend before for updated info.

## **BASIN AND SADDLEBACK** - [ Hike ]

Sat, Jul 28, 2018, 5:00 am, Rating: A+

Wayne Richter - 518-893-7895, [wrichter@nycap.rr.com](mailto:wrichter@nycap.rr.com)

Colead: Ben St. Andrews - 518-744-5574

or [benjamin.st.andrews@gmail.com](mailto:benjamin.st.andrews@gmail.com)  
- If we're lucky, we'll be able to park in the Garden lot. If not, we'll park in Keene Valley and walk up the road. We'll go past Johns Brook Lodge to Slant Rock and take the lovely, and unfairly maligned, Shorey Short Cut. From there, it's up to Basin, a spectacular peak. We'll drop down to the base of Saddleback. It's hands and feet for the final scramble to the top. We'll return by the Orebed Brook Trail, with at least a brief time on the Saddleback

# Trip Reviews 1 of 4

## **Wallface Mountain Sat, Dec 2, 2017, Nick Ringelberg and Jayne Boudier**

- Starting on 2 inches of dry snow we went softly up Indian Pass and to Wallface. Wallface was as steep and thick as usual, and the snow depth increased, still dry, to 8 inches as we ascended. On top we found an acre of summit forest had been chopped up, for a helicopter landing pad as near as we could guess. There ought to be a law. Great winter day! Participants: Jayne Boudier, Jeff Levitt, Wayne Richter, Nick Ringelberg, and Jim Zwynenberg.

## **Tuesday Outing Tue, Dec 5, 2017, Maureen Coutant**

- This week we took a long drive down to the Catskills to do a Fire Tower Challenge hike at Balsam Lake Mountain. We were actually in the car longer than on the hike, but we had a nice hike to break up the car ride! We were a little worried when we drove through a snow squall, but it was short lived and we had fine weather for the hike. We had our microspikes, but didn't put them on since we could easily get around the little bit of ice that was on the trail. The trail was very gradual and we had a nice hike. We got to the top and were a little surprised to find 2 hunters and had a nice talk about the area, trails, and the hazards of dressing all in black and running down a trail like a bear during hunting season! We all made quick trips to the top, but not many photos to prove it since our phones were all too cold to work! Participants: Mo Coutant, Leo Demers, Sarah King, Steve Mackey.

## **Peaked Mountain Sat, Dec 9, 2017, Reg Prouty and Christina Bombard**

- It was a pleasant winter day for this excursion. The hike was fairly easy until after reaching the pond but the steep parts were awaiting with glare ice. It was a good thing we had crampons to help but we had to do some tricky butt sliding on the way back down. The views were so good I'd like to do this again in summer or fall. 3 hikers: Reg Prouty, Christina Bombard, and Jeff Levitt.

## **Monthly Monday Geocache Mon, Dec 11, 2017, Sarah King and Mo Coutant**

- Participants: Mo Coutant, Sarah King, Julie Leonelli, Licia & Steve Mackey

## **Tuesday Outing Tue, Dec 12, 2017, Maureen Coutant**

- No trip

## **Wilton Wildlife Park Sat, Dec 16, 2017, Rich Crammond**

- A great day to be in the park. We hiked around the blue trail for a longer route. Almost needed the snowshoes. This park has some fine big old pines and nice views of the area. Didn't see much wildlife but had a good time in our surroundings of forest and stream. Reg played a nice Christmas song on his pocket horn so it was all good. Thanks to all for sharing this holiday-time outing with an old dude who enjoys being out there in the wild. Didn't get no better! Participants: Reg Prouty, Jim Brown, Alison Zuske, Joe Zuske, Rich Crammond.

## **Glacial Erratic from King Phillips Spring Sun, Dec 17, 2017, Jayne Boudier**

- That wascally ewwatic eluded us by .34 mile. We could see it! With a 7am meeting time we would have made it! Great group! Beautiful day! Participants: Jim Appleyard, Jayne Boudier, Jeff Levitt, & Steve Mackey.

## **Annual Cookie Walk Tue, Dec 19, 2017, Maureen Coutant**

- We had a nice day for our annual cookie walk. We walked around Moreau Lake and wound up in the warming hut. The fireplace had warmed up the building by the time we got there. We sat at the big table and shared cookies as we sipped our hot beverages. Donna Zimmer and Licia Mackey always impress with their decorating skills! But there were many other tasty cookies brought by others. Laurie always brings sliced apples wrapped in foil and heated in the fire. Yum! So that is the highlight, but we had a nice walk before we got there. Lots of pictures taken at the north end of the lake. There was a thin layer of ice

that allowed a beautiful reflection of the mountains and sky. The ice was so clear, you could barely see it, which prompted a few brave souls to venture out a little bit for some "standing on water" photos. Very cool! Already looking forward to doing a hot dog roast some time in Feb! Participants: Rich Bennett, Jayne Boudier, Mo Coutant, John Devine, Paul Dietershagen, Sarah King, Mary Knutson, Licia Mackey, Kathi Noble, Anne Paolano, Chris Sorensen, Joanne Szot, Bill Wasilauski, Andrew & Laurie Williams, Donna, Mitch, Jerry, & Stephanie Zimmer.

## **Annual New Years Day Hike Mon, Jan 1, 2018, Reg Prouty and Bob Aspholm**

- Bob and I would like to schedule a make-up hike in the future as the hike was cancelled due to illness and the extreme cold.

## **Tuesday Outing Tue, Jan 2, 2018, Maureen Coutant**

- So we had snow and cold. But it actually warmed up to double digits...barely. So since it was slightly warmer and everyone had been hunkered down during the holidays during the even colder weather, quite a few people braved the cold to get some exercise. We broke into 2 groups, the skiers and the snowshoers. Each headed to the opposite sides of Scout Road in the Wilton Wildlife Preserve. Thank you to Sarah King who became the impromptu snowshoe leader! It was the first time at the preserve for some in the group. The snow was hard packed and fast for skiing. We all really enjoyed getting out and into the fresh air. Afterwards, some of us also really enjoyed the hot cocoa at Paneras! Participants: Jim Brown, Mo Coutant, Brian Crouth, Paul Dietershagen, Sarah King, Mary Knutson, Julie Leonelli, Margie Litwin, Kathi Noble, Leland & Mary Loose, Mike Marsh, Malina Stawarz, Joanne Szot.

## **Cliff and Redfield Sat, Jan 6, 2018, Wayne Richter and Mike Fuller**

- The forecast of a bitterly cold day with temperatures close to -20 below plus serious wind kept our group to a stalwart six, prepared to turn back if necessary. The crossing of Flowed Lands was spectacular, but the wind was intense and we were glad to return to the trail at the Herbert Brook Lean-to. At our lunch stop at the Uphill Brook Lean-to, Wayne realized that the tips of the toes on one foot were numb, and we decided it was time to turn back. We had a day of great camaraderie in the cold and a good learning experience. Participants: Joe Babcock, Sweet Fokshey, Mike Fuller, Wayne Richter, Ben St. Andrews, Jim Zwynenburg.

## **Monthly Monday Geocache Mon, Jan 8, 2018, Sarah King and Mo Coutant**

- Our outing was short and sweet this month. Winter time can be tough for geocachers. In our area, we are lucky to have the SaraCap Winter series of geocaches which allows us to find "winter friendly" caches. This means they are usually up off the ground and meant to be found in snowy conditions. Our destination this day was Saratoga Spa State Park, where 3 of the 7 caches in the "This Winter is for the Birds" series were placed. All caches were in different parts of the park so we did some car-hopping. We started at the warming hut off Avenue of the Pines. We donned snowshoes and headed out to find the cache, which was in the shape of a bird, as were the other two we found. We continued into the park, finding the provided parking waypoint and making the short walk to the cache. We weren't able to drive through the park to Route 50, where the last cache was so we headed around to the entrance off Route 50. Another short walk and we had completed our mission. I look forward to the other Saracap challenge, the Winter 33, which should be published in the beginning of February. More caches to find with the group! Thanks to all who came out. Participants: Sarah King, Mo Coutant, Julie Leonelli, Todd Earl.

## Trip Reviews 2 of 4

### **Tuesday Outing Tue, Jan 9, 2018, Maureen Coutant**

- This week we hiked up to the Pilot Knob gazebo and then most of us continued on to the waterfall. We met someone who had just hiked up in the parking lot and told us we only needed microspikes, which was true up to the gazebo. But some of us decided to continue onto the waterfall and in a few places snowshoes would have been helpful. But it was mostly in the open area where there was some drifting. It was the first time up to the gazebo for some in the group and many hadn't been up to the waterfall. We all had a great time getting caught up on our lives or getting to know each other...as usual for an ADK outing. Participants: Jan Carlson, Mo Coutant, John Devine, Mary Knutson, Julie Leonelli, Kathi Noble, & Deyanne.

### **TR Mountain Sat, Jan 13, 2018, Nick Ringelberg and Jayne Boudier**

- Winter Storm Warning. Cancelled.

### **Tuesday Outing - FTC Tue, Jan 16, 2018, Maureen Coutant**

- This month we stayed close to home and hiked Hadley Mountain as our Fire Tower Challenge hike. We had a light snow covering an icy trail following the rain during the January thaw. Steve decided he needed to join Jan and me in wearing microspikes after slipping in the first 1/4 mile. The snow didn't cover enough of the ice to be able to walk unassisted. Later, Jan also slipped on the way up, even wearing the spikes. The ice was hard and the snow was probably inhibiting the full bite of the spikes. We had a snack near the Rangers Cabin, which was out of the wind. Then, only a brief visit to the top since it was windy and colder up there, plus there was no view. All socked in. So we headed down and that's when it got interesting. Jan slipped on an icy rock and landed on her upper arm. She knew it was bad when she couldn't raise her arm. But she was tough and didn't even shed a tear! We switched her to snow shoes to see if they had better bite and they did. She walked out supported on one side by Steve in 1-1/2 hours. From there...a trip to the ortho ER in Saratoga. Broken shoulder. Jan we wish you a speedy recovery and you did great! Always good to hike with a group and this was one of those reminders of why you shouldn't hike alone! Participants: Jan Carlson, Mo Coutant, Steve Mackey.

### **Pyramid & Gothics Sat, Jan 20, 2018, Steve Mackey**

- We ended up with 7 skiers/hikers. The weather was warm, somewhere around 30 degrees. The snow never softened up and got packy, and it sure was a lot better than the bitter cold of the week before. The wind on top was very strong; we all guessed around 50 mph. The view came and went, but even when it was clear you couldn't see much past Saddleback. We got an awesome view of Pyramid from Gothics one time when it opened up. Most of us wore microspikes until the Sawteeth intersection and then we all switched to snowshoes. A couple of us tried the little plastic sleds on the way down, but after bouncing off a few trees, we decided maybe it was a little too fast. One of my ski poles got hung up and bent, with all the momentum. The ski out was very good, though there were a lot of little branches to dodge. It also was a little wierd skiing with only one pole. We might have convinced Wayne to come over to the dark side and become a skier. Participants: Sandra Foley, Ingrid Kerscht, Nicole Beaulne, Tim & Maureen Laskey, Wayne Richter, Steve Mackey.

### **Hudson Crossing / New Year Outing Sat, Jan 27, 2018, Rich Crammond**

- This was a great day to be out there on the trail. The ground was icy but we put on our microspikes to be safe. Liz spotted a golden-crowned kinglet and Ole Eagles Eyes Rich spotted our group's first and only eagle of the outing. Seeing one eagle instead of none was enjoyable to all. Didn't get no better. Thanks hiking buds for sharing your day. "Hike Safe." Participants: Jayne Boudier (A+ hiker), Mark Bodner (great guy), Alan Gee (camera man), Liz Gee (eagle eyes #2), Reg Prouty (trumpet man), Linda Neil (sister), Cathy Fleming (good hiking bud), Rich Crammond (eagle eyes #1).

### **Tuesday Outing Tue, Jan 30, 2018, Maureen Coutant**

- This week we did a walk around the City of Saratoga trying to avoid the ice. Well, that wasn't all together successful. Ice is everywhere even on the sidewalks. We did manage to walk for a couple of miles and it was nice to get out. I can't say we worked up a sweat or burned many calories, since we had to be so careful with our footing. Actually, we probably ate more calories at Uncommon Grounds than we worked off! Oh well. It was a nice outing anyway! Participants: Mo Coutant, Paul Dietershagen, Susie Imgruth, Sarah King, Eric Krantz, Mary & Roy Knutson, Licia & Steve Mackey, Alison Saville Zoske, Joanne Szot.

### **Glacial Erratic from King Phillips Spring Sat, Feb 3, 2018, Jayne Boudier**

- Leader went out to say "hi", & get KPS water.

### **Pine Pond Trail Sun, Feb 4, 2018, Steve Mackey**

- We have had on and off skiing conditions this winter, and this was one of the weekends when conditions were off. I canceled due to poor conditions.

### **Monthly Monday Geocache Mon, Feb 5, 2018, Sarah King and Mo Coutant**

- We had a cold clear day for our trip to Peebles Island State Park. It was the day after a big snow in Queensbury and we were amazed that there was not much snow here. Just enough for Steve Mackey to get in some great cross country skiing as we walked the trails. He would ski off, meeting up with us after looping around on the trails. But no snowshoes or grippers needed. We were once again searching for winter friendly caches in the Winter 33 series organized by our Saratoga/Capital Region State Parks. Peebles is always a favorite destination for its dog friendliness ( I usually bring my dog Sadie as others are welcome to do if they play nice with others). We enjoyed the very picturesque walk along the bluffs overlooking Cohoes falls, and the Hudson and Mohawk Rivers. We always see deer here. They must be used to visitors as they always seem as interested in us as we are in them. We found all 9 caches without a problem, some taking us to areas of the island we had not visited before. We were 4 people and 3 dogs and as usual enjoyed the walk, caches and company. Participants: Mo Coutant, Sarah King, Licia & Steve Mackey, Sadie, Daisy and Charlie.

### **Tuesday Outing Tue, Feb 6, 2018, Maureen Coutant**

- This trip might have to become a tradition! The Moreau State Park Hot Dog Roast hike. We started by walking to the warming hut and dropping off some items and then went up the hill from there along the red trail. Most of us were on snowshoes; Steve tried to ski but finally had to turn back when it became even too challenging for him. We made it to the overlook and then headed down to the beach. At that point a snow angel was made and most of the group went to see if any eagles were visiting a deer carcass on the back pond (no luck). Then we all met at the warming hut and roasted hot dogs and shared other food. Such a great spot! Love the warming hut! Participants: Mo Coutant, Leo Demers, Paul Dietershagen, Liz Gee, Susie Imgruth, Mary Knutson, Margie Litwin, Licia & Steve Mackey, Andrew Paolano, Bill Schwarz, Alison & Joe Zoske, Joanne Szot and joined at the hut by Joy and Mark Munro.

### **Hoffman Mountain Sat, Feb 10, 2018, Jayne Boudier**

- 4 of us started up in a foot of nice unbroken, dry snow, and the destination became Hoffman Ridge. Made it up to the Bump! Nice views, fun day! Great camaraderie! Participants: Jayne Boudier, Kim Brown, Jeff Levitt, & Jeff Manns.

### **Colden in the Cold Sat, Feb 10, 2018, Joe Babcock and Akane Suzuki**

- I cancelled this hike due to questionable weather conditions. I did not want to risk traveling to or from the trail head on icy roads.



## Trip Reviews 3 of 4

### **Mount Jo and Heart Lake Valentine Hike Sat, Feb 10, 2018, Reg Prouty and Christina Bombard**

- This hike was cancelled due to lack of interest and signups.

### **Tuesday Outing Tue, Feb 13, 2018, Maureen Coutant**

- We were scheduled for a Fire Tower hike this week, but a busy schedule and icy conditions changed this to indoor skating at the GF Rec center behind the Y. Always a great way to get some exercise during free "open skate"! Participants: Mo Coutant, Licia & Steve Mackey.

### **Niagra Mtn. Sat, Feb 17, 2018, Jayne Boudier**

- Started up Walker Brook on a clear sunny day, after trading microspikes for snowshoes. Disorientation found us halfway up North Hudson Nippetop... so there we went! This bumpy, semiwooded, many tiered NE summit had us sticking around for quite a while. Fun terrain! Overlooks gave us 360 degrees worth of views: Vermont's high peaks, Sunrise, Marcy, white Skylight, the Dixes, Camel's Hump & Land Bridge, NE Nippetop's SW saddle partner, and a smug Niagara. Beautiful day! Beautiful place! Great group! Participants: Jayne Boudier, Wayne Ellett, Carolyn Jasket, Wayne Richter, Tim Ward.

### **Banff Mountain Film Festival Mon, Feb 19, 2018, Maureen Coutant**

- Hope you made it to the Banff Mountain Film Festival. We had a sold out crowd of about 400 people. It's been fun to talk to people on recent outings to see which films were their favorites. It seems as if everyone really enjoyed it and we plan to try to do it again next year with the help from our collaborators: SUNY ADK Adventure Sports Club, Rocksport, Fountain Square Outfitters, Meyer and Fuller law office, Cool Insuring, and many other businesses that donated services or door prizes. Thank you! Keep your eye on our website and newsletter to get your ticket next year before they sell out!

### **Trailless Dixes Sat, Feb 24, 2018, Wayne Richter and Mike Fuller**

- Crampons were our friends! Upon our arrival at the Elk Lake Road winter lot, it was some variant of, "Whoa, this is slick; be careful" from the first person out of each car. The previous night's combination of light snow and rain had left a nearly frictionless surface on the road. It was microspikes on first, and fortunately they easily penetrated the crust. Secure on our feet, we got our gear together and headed up the road to the trailhead. Once on the trail, the light layer of new snow made for easy going. We met a few groups of friends as we made our way to and then up the herd path to the Macomb slide. It was right before entering the slide that we switched to crampons. They were just the thing for a slick crust on top of icy snow on a moderately steep slope - total security. We had great views of Elk Lake and Clear Pond on our way up and from Macomb's summit. Some of the higher peaks to our west were shrouded in the clouds but we remained in the clear for the entire day. We dropped down to the col below South Dix and cast around a bit for the Lillian Brook herd path so we could find it later if we wanted to. Its marker cairn stood only a couple of inches above the snow on the trail. It was then up the rocky face of South Dix, trying with general success to stay in the snow to keep our crampons off the rock. We noted the herd path to Hough, continued over the summit - don't miss that summit disk up in a tree on a slight rise in the trail - and took a break on the overlook to the north. Mike brought out his oatmeal raisin cookies to general acclaim. On we went to Grace, a treat as always. Warm weather allowed us an enjoyable half hour or so on the summit, not something we often get in winter. Arriving back at South Dix in early afternoon, the group unanimously decided, yes, we would go to Hough! We found the other branch of the Lillian Brook herd path in the col between "Puff" and Hough, as this was now to be our way out. Hough was well worth the trip and everyone felt well rewarded for the extra climb: great views of Dix and peaks to the west, and a fourth new winter peak of the day for some of the group. The first part of the way down the Lillian Brook path had

icy patches. Those who had switched their crampons for snowshoes had a dicier time of it, but we all made it down in good form. We reached the marked Dix trail just as it was getting dark. The headlamps came out and we all switched back to microspikes. Not much more than an hour later, we reached the road where the half moon gave us plenty of light to walk out without headlamps. Participants: Jen Ferris, Svitozar Fokshey, Mike Fuller, Eric Kimmelman, Kimberly Labrecque, Karen Provencher, Wayne Richter, Mark Seymour, Dan Stewart, Akane Suzuki.

### **Cobble Hill Sun, Feb 25, 2018, Jayne Boudier and Jeff Mans**

- The 6 am forecast was massive rain, ice, and sleet. But Kim was waiting at Panera at 8am, and Jeff was waiting on his porch in Loch Muller, so off we went on hard old snow. We visited two big, cracked glacial erratics, one of them locally famous, before heading up a notch to Cobble Hill. From there we descended to Bailey Pond in the shadows of Hayes Mountain's cliffs, where a massive, original growth, lone white pine stood tall and ever so impressive. From Bailey Pond we followed a ridge up the north side of Hayes Mountain where the Cathedral Rocks live, and then to Marion Pond. There were no views there or anywhere all day, but the forest was foggy mysterious, with trees lightly frosted beautiful. Walking was easy on top of the snow to Bailey and then Marion Ponds. We had a couple of exciting crossings of Bailey Pond's inlet and outlet (one on cables - on snowshoes!) on the old road back to Loch Muller. Great day! Great group! Participants: Jayne Boudier, Kim Brown, and Jeff Mans.

### **Tuesday Outing Tue, Feb 27, 2018, Maureen Coutant**

- So this was after the February warm spell, so outdoor skating wasn't an option. But luckily Glens Falls has an indoor rink with free skating on Tuesday mornings. So we skated for an hour and then headed over to Paneras for lunch. Great way to get some exercise in the winter. Participants: Mo Coutant, Julie Leonelli, Licia & Steve Mackey, Joy Munro.

### **Boreas Ponds Sun, Mar 4, 2018, Steve Mackey**

- I only had two people sign up, and then they both canceled, so I did this trip by myself. There was good news, bad news. The good news was that the skiing was really good and fast. There was a nice base with a little bit of fresh snow on top. Most of the time I skied next to the snowmobile track on untracked snow. Unfortunately, when I got to the ponds, it was snowing and there was no view. I tested the ice and it felt plenty safe to travel on, but without the view, no good reason to go very far. I timed myself on the way out and it took an hour and fifteen minutes, so I was out by noon. I passed 5 DEC Rangers skiing in, near the end. I'm sure they were there to enjoy the good skiing, since there wasn't anybody else signed in, or on the trail.

### **Monday Monthly Geocache Mon, Mar 5, 2018, Sarah King and Mo Coutant**

- Today we headed down to Chatham NY. Our destination was a 2.5 mile long rail trail used by horses and quads, and geocachers of course. A fellow geocacher had put out 22 caches along this trail so it really was about the caches today. Not too many scenic vistas but lots of caches, and good company. We had planned to spot cars on either end of the trail but Steve Mackey graciously offered to drop us at one end and drive around to the other, park and walk toward us. This saved us walking back and gave us some time to do a few P&Gs before heading home. Temps were in the 30s but with the wind it definitely felt colder. We did see some horses and a group of turkeys, which is actually called a "crop," "dole," "gang," "posse," or "raffle" according to Google. After finding 22 on the trail, and replacing some wet logs and baggies, we hopped in the car and drove around, finding 7 more caches before heading home. A fun day with some old friends and one new. Thanks for joining us Judy! Hope to see you again. Participants: Sarah King, Licia and Steve Mackey, Diane Demetriou, Steve Gray, Julie Leonelli, Judy Tower.

## Trip Reviews 4 of 4

### **Tuesday Outing Tue, Mar 6, 2018, Maureen Coutant**

- This week we hiked up Prospect Mountain from the back side (starting at the Lake George Rec area). This is a much nicer approach than from the village, and some in the group had not been this way. It's a beautiful walk along the stream, and in the Lake George rec area it was mostly packed down. We only needed microspikes for this section. In this area there was a large tree down, but Steve was with us and after we went under or around, he stayed and cleared most of it. Then he caught up to us near the top as we were headed down. Every hike is a trail work hike for Steve! Once we headed up the mountain, a few of us in snowshoes moved to the front to pack down the trail a bit. This is an unmarked trail and without it being packed out, it took a little extra effort to stay on the unofficial trail. But we made it and enjoyed the hike through the woods and beautiful views from the top! Participants...I have to find my list! It's MIA! I'm sure I'll forget people if I try by memory!

### **Blue Mountain Fire Tower Sat, Mar 10, 2018, Amanda Gomez**

- What a great hike this turned out to be, with friends new and old! This trip turned out to be my first year anniversary with the Glens Falls - Saratoga chapter and my first official hike as leader! I was quite thrilled with the turnout. Since I have been involved with this chapter, I have met some amazing people! Now let's keep this up and it's going to be another great year! Now back to the hike, it was truly winter up on Blue! The trail was mostly broken. As we climbed the marshmallow snow on the trees became thicker and heavier. We were completely socked in at the top and the wind was blowing quite a bit atop the cab. The snow/ice has crusted up the cab windows making for a winter wonderland of snow, ice and smiles. Participants: Steve Barlow, Cathy Bunk, Amanda Gomez, Nathan June, Steve Mackey, Reg Prouty.

### **Cheney Cobble Sun, Mar 11, 2018, Nick Ringelberg and Jayne Boudier**

- The Mt. Adams snow trail was broken, and after the Allen bridge over the Opalescent we began on the unbroken Dudley Brook roads. They were wide, with lots of clearings, and one cabin. We had mountain views and crossed an otter's track enroute to Dudley Brook, then bush-whacked southeast toward Cheney Cobble. Fairly open woods at first, then slowed as we got into eye-poking hemlock thickets. The snow up there had melted to ice, with powder on top. It was way slippery - the thicket kept us from sliding down far, fortunately. A half mile from and 900 feet below the summit we turned tail and followed our tracks back. Participants: Jayne Boudier, Kim Brown, Jeff Mans, and Nick Ringelberg.

### **Outings Leader Gathering Mon, Mar 12, 2018, Maureen Coutant**

- We had a great group of experienced leaders, newer leaders and prospective leaders. We got to trade stories and tips about leading, and to meet some new people. We'll try to do this again later in the year.

### **Tuesday Outing Tue, Mar 13, 2018, Maureen Coutant**

- This week we were going to do Black Mountain as our Fire Tower Challenge hike, but there was a storm forecasted so we stayed closer to home and did a ski in Crandall Park. The conditions were pretty good and only got better with more snow later in the week. We did the 5K trail and then tacked on a few more little sections since it was so nice out. Any XC skiing in mid-March is a bonus outing! Participants: Mo Coutant, Licia & Steve Mackey, Joy Munro.

### **Bog Hollow Ski Sat, Mar 17, 2018, Reg Prouty**

- After checking out the condition of the Bog Meadow Hollow trail we decided it was not suitable due to the warm weather and overuse to safely ski on. So we moved the cross-country ski to the golf course at Spa Park and found very good conditions with only a few icy spots. We skied as far as the bridge over by Route 9 and back to the park office parking lot. Two of us went to Moreau Lake for a walk around the lake

later. Three participants: Reg Prouty, Nate June, and Kathleen Barney.

### **3410ft Sun, Mar 18, 2018, Jayne Boudier**

- Tim and Jayne visited at 2710 ft. Beautiful day! Great views!

### **Tuesday Outing Tue, Mar 20, 2018, Maureen Coutant**

- This week we hiked Black Mountain as our monthly Fire Tower Challenge hike. The trail was packed down by a snowmobile which was helpful. We were able to mostly walk in microspikes, but in some areas we started to posthole, and some of us switched to snowshoes. We did a straight up and back, and had a great view from the summit. For some reason it seemed even more beautiful in winter. Great hike. Great view. Great company. Participants: Mo Coutant, Dan Forbes, Liz Gee, Susie Imgruth, Mary Knutson, Margie Litwin, Joy Muller McCoola, Jim Pierce, Karen Provencher.

### **Tuesday Outing Tue, Mar 27, 2018, Maureen Coutant**

- This week we thought the Warming Hut at Moreau State Park (MSP) would still be open, so we planned one last outing to have lunch there after our walk. They actually closed it with official spring...not when the snow is mostly gone. But luckily, they were nice enough to open it up for us. After walking around the lake and Mud Pond, most of us returned to the warming hut and enjoyed our lunches and each other's company. This is such a great spot and we are so lucky to have MSP in our backyard. Participants: Sharon Charbonneau, Cathy Corrigan, Mo Coutant, Paul Dietershagen, Susie Imgruth, Sarah King, Licia & Steve Mackey, Kay Mence, Karen Provencher, Bill Schwarz, Joanne Szot, Alison & Joe Zoske, Barb & Rich Zuccaro; joined briefly by Joy and Mark Munro and Anne Paolano.

## **ADK Announces new 20-mile Route for 7/29/2018 Annual Ididaride!**

The new route is ideal for off-road riders, fat-tire bikes, gravel-grinders and overland riders.

For those Ididaride! cyclists who prefer being in the woods and a little closer to nature, rather than sharing the pavement and enjoying the expansive views along the traditional 75-mile road course, ADK has replaced the "short" road bike ride from Indian Lake with a 20-mile super-scenic mountain/hybrid bike route tour loop. The ride starts from the Gore Mt. Ski Bowl in North Creek, just like the 75-mile road bike route.

Some highlights of the 20-miler include biking along North Creek, crossing both Straight and Chatiemac Brooks and their waterfalls (familiar names to Gore Mt. skiers), biking along Mill Brook, passing tiny Riparius and its historic train depot, biking along rural sections of the mighty Hudson River as it flows through the Village of North Creek to Riparius and finally, possibly saving the best for last, biking on the suspended boardwalk trail that crosses under Rt. 28, bringing riders back to the Ski Bowl.

For more info or to signup, contact Sunday Conine, Annual Fund Manager for ADK at (518) 668-4447 X42 with any questions!

## Sign Up

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

## Meeting Place Information - Panera Bread

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

## Travel Information/Car Pools

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

## Participation Guidelines

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

## Dogs

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

## Hiking Needs/Preparation/Equipment

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

## Ratings

### Special Winter Needs

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

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

\*Descriptions are only typical and can vary.

## Become an Outings Leader

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

## Programs and Meeting Directions

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

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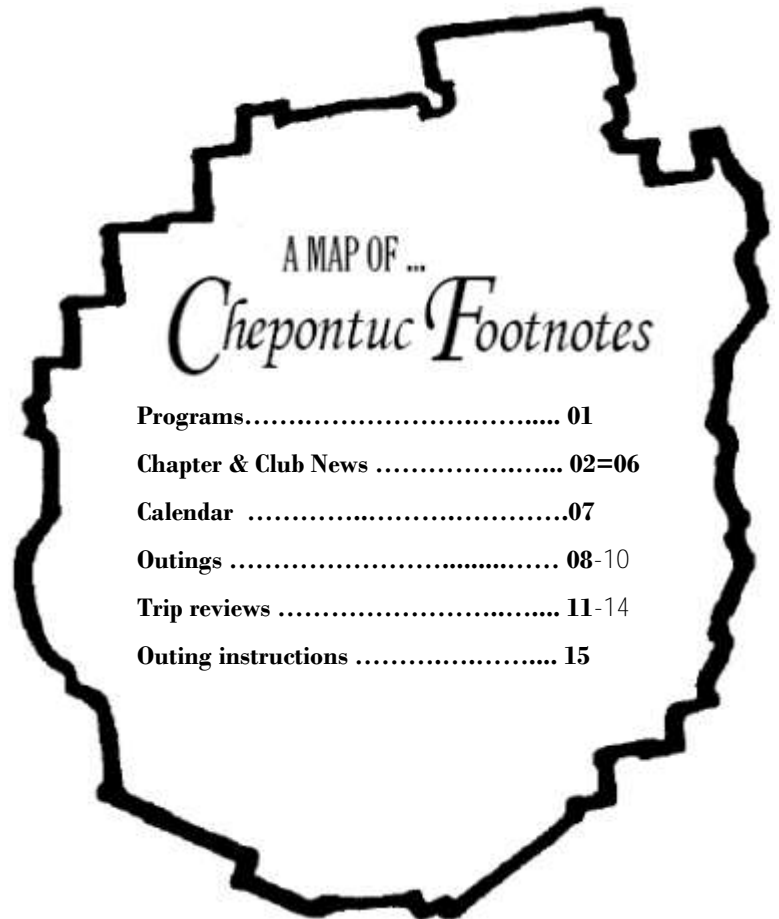


### **Are you moving?**

*If you are moving, you may call headquarters at 518-668-4447.*

*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!*



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