



Chepontuc Footnotes

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

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

Annual Dinner set for October 24

Event to feature Carl Heilman's new multi-media program "I Am the Adirondacks"

By Susan Hamlin

Mark your calendars! Please join your fellow ADKers on Friday, October 24, for our annual Chapter Dinner. Once again, we'll be at The Queensbury Hotel in Glens Falls with plenty of room, great food and friendly hometown service.

Back by popular demand: One of our most popular presenters ever, Carl Heilman II, award-winning grand master of Adirondack photography will present his newest multi-media presentation "I Am the Adirondacks."

We are thrilled Carl has found time in his busy schedule of photographing, publishing and teaching master workshops in photography to join us this year. A longstanding member of the Glens Falls-Saratoga Chapter ADK, Carl's lifelong passion for the beauty and tranquility of the Adirondacks has found a deeper voice in this newest work.

In Carl's own words, "I Am the Adirondacks' is a program that helps evoke a sense of being part of the natural world. For me, going into the wilderness is about leaving the everyday behind and being absorbed in the flow of the nature — simply ... going into the spectacular and finding wonder in the details ...

"We ARE nature. As much as we separate ourselves from a life in nature — we still need to live in balance with the Earth and remember how much of an effect each of our lifestyles has on the world we are living in."

About Carl: Carl Heilman II has photographed the Adirondacks for over 30 years; working to meld his passion for

Please see **DINNER**, page 4



© Carl Heilman II



© Carl Heilman II

So far it's been incredible!

BY JEAN HOLCOMB

Greetings fellow hikers, paddlers, and lovers of the outdoors. As you read this I will be officially half way through my reign as chair person of Glens Falls/Saratoga ADK. It has been a tumultuous six months.

First of all, in the course of trying to be Programs Chair and Chapter Chair at the same time some goof-ups have occurred. Place changes and date changes made the last two programs difficult and inconvenient for both presenters and patrons. Fortunately, everyone has been flexible and even kind regarding these faux pas. Our programs have been excellent and well attended despite all. Thanks to presenters John Schneider, Dan D'Angelico, Stuart Miesinger, Mark Bowie and Ron Lester for making our 2008 program schedule outstanding.

Happily we now have a new Programs Chair! Jan Carlson, long-time member, 46er and hike leader has volunteered to take on this demanding position. We can all breathe a sigh of relief and look forward to a new and exciting schedule starting in the fall.

More good news as we have finally also found a new webmaster for the chapter. Not one, but three candidates applied for this job. Since George Sammons was the first volunteer by a month we have assigned him the position but we hope that our other candidates will join in to help make our website the paragon it once was. While I'm on the topic of website, we finally have our "Opt Out" program online. This software developed by Jon Lane and his friend Scott Murawski gives you the option of receiving your *Chepontuc Footnotes* online rather than by snail mail, a big money saver for the chapter. (Don't sign up out of guilt. If you like that paper copy we want you to have it!) If you want to get *Chepontuc* online just go to our home page, ADK-GFS.

org and click on the right hand button to sign up. As this software is brand new and we are all unpaid volunteers, please be patient if some temporary bugs or glitches mar the beauty of our technological masterpiece.

CHAPTER CHAIR Report

Moving on to our outings program over the last six months, all I can say is "Great job folks!" For the first time in my memory we have a regularly scheduled

midweek offering in both hiking and paddling (thanks, Mo Coutant!) and both the variety and sheer numbers of outings offerings on the weekends are incredible (thanks, Jack Whitney!). Things may have slacked off a little during the mud/bug season but expect plenty of choice for late summer and fall. The young members group seems to be chugging right along with more under 30s signing up all the time. The fire tower challenge appears to be a great option for young members as this sets a hiking goal that is a good introduction to the Adirondacks but doesn't overwhelm new hikers.

Lastly I must applaud our great trails leader, Tom Ellis, and his crew for once again braving the elements to make our section of the Northville Placid Trail the most beautifully maintained. In a second scheduled cleanup the crew removed a vast amount of blow-down from the Tongue Mountain trail leading up to the Leato-to from Clay Meadow. We are all extremely proud of the trail work accomplished by Tom and Company each year at NO EXPENSE to the chapter or club.

I haven't hit all the highlights but space is limited. I am looking forward to whatever challenges the second half of the year may bring. Hope to see you all at our annual dinner in October at the Queensbury Hotel with a program from photographer Carl Heilman. And by all means get out there and hike!

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Chapter Officers announced for 2009

The chapter nominating committee has presented the slate of officers for 2009:

Chairperson	Heidi Karkoski
1st Vice Chair	Maureen Coutant
2nd Vice Chair	
Secretary	John Caffry
Treasurer	John Schneider

Directors:

Laura Fiske — 2nd term (2009-2010)
Linda Ranado — 1st term (2009-2010)
John Schneider — 3rd term (2009-2010)

Chapter members will be asked to vote at our annual meeting/dinner Friday, October 24, 2008, at the Queensbury Hotel.

Nominee Biographies:

Heidi Karkoski, Nominee for Chairperson:

Biography not available at press time.

Maureen Coutant, Nominee for First Vice Chair:

I have been a member of ADK for more than 15 years. During that time I have been very involved with the Chapter. In the 1990s, I served as the Chapter Chair after first learning the ropes in the Vice Chair positions. I've chaired the Nominating Committee a few times and also served as a Director for our Chapter on ADK's Board of Directors. My husband and I have led many hikes in the past and more recently I've been leading walks while our daughter is in school. We also try to lead as many paddling trips as we can from spring through the fall. On the Club level, I have been on the committee for ADK's annual fundraiser and am the Chairperson for ADK's Lake George

Property "headquarters" at Exit 21. I've stayed involved with ADK to support all the great things that the organization does locally and statewide. We educate the public and young people about preserving the outdoors and respecting nature, we maintain trails and provide hiking opportunities and we advocate for the Adirondacks and locally.

John Caffry, Nominee for Secretary (re-election):

ADK experience: ADK member since 1985. Current member of Chapter Executive Committee; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary since 2006. Former member of ADK Board of Governors, Executive Committee and Headquarters Committee. Current member, and former chair, of ADK Conservation Committee. Lean-to adopter since 2003. Personal: Native of Glens Falls. Lives in Glens Falls with wife Ellen and two daughters. Member of Caffry & Flower law firm in Glens Falls. Occasionally finds time for hiking, paddling and all varieties of skiing.

John Schneider, Nominee for Treasurer (re-election):

Served the chapter in many, if not all capacities for more than twenty years: hike leader, executive committee member (seems like forever), newsletter editor, chapter representative on the ADK Board of Directors (currently representing our chapter). At the club level active on the Trails Committee and organizer of ADK's Adopt-A-Lean-To program in partnership with New York State Department of Environmental Conservation. Organizer of our chapter's annual "winter camp" at Heart Lake.

The Hiker's CORNER

By Jack Whitney

Cool Packs for Summer:

We're now into the middle of summer with the dog days to follow. There are several new packs on the market with a mesh lining to keep the pack off your back allowing air to flow between your back and the pack — thus keeping you cooler on the hotter days of summer. There are several models in the Osprey line such as the Almos and the Stratos. I have the Osprey Stratos 40 which gives me plenty of room for day hiking plus still have room for my digital SLR camera — I'm sure other manufacturers have similar models. Check with your local outdoor retailer.

New Water Bottles: How about all this confusion with BPA (the #7 on the bottom of your water bottle)? Both the Canadian and United States Health Departments have found "some concern about neural and behavioral changes in humans who consume BPA." Many outdoor suppliers are now offering stainless steel, aluminum or plastic containers that offer alternatives to BPA.

Extra Energy: What to drink on the hot days of summer while you're on the trail: A tip I received from a fellow seasoned hiker — mix half orange juice and half water in your bottle. I've used this for the past several years and it works great giving me that extra energy. Also Gatorade (you can dilute this also or drink it full strength) is excellent for supplying that extra energy for the climb.

Coming Next Issue: What's in Your Pack?



Get bear-proof storage containers

Have everything packed and ready before you leave home!

Backpackers' Cache

8.8" dia. X 12" long, weight 2.7 lbs.
Designed to slip into your backpack.

These bear-proof canisters are required in the Eastern High Peaks Zone and are important to use on any backcountry overnight adventure to any backpacking or canoe camping destination.

Rental Rates:

1-3 days \$5.00

4-7 days \$10.00

Call Jim Schneider 518-581-9367 to reserve your canister rental. Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.

Seminar for photography buffs

New England Camera Club Council (NECCC) Seminar

Friday, July 11 to Sunday, July 13
Queensbury, NY Departure Time:
7:00 a.m. Friday
Jack Whitney 793-9210 or jack1758@adelphia.net

Join me for 2.5 days of seminars at the University of Massachusetts at Amherst, Mass sponsored by the New England Camera Club Council.

Whether you are a beginner photographer or advanced photographer, this Conference offers something for everyone. Lodging and meals are included in a registration fee of approximately \$250.00. Please call ASAP for further information and to take advantage of early registration which ends on June 15th or go to the NECCC website at www.neccc.org and click on "2008 Conference Details". There are additional fees for registration after June 15th. Carpooling can be arranged if desired.

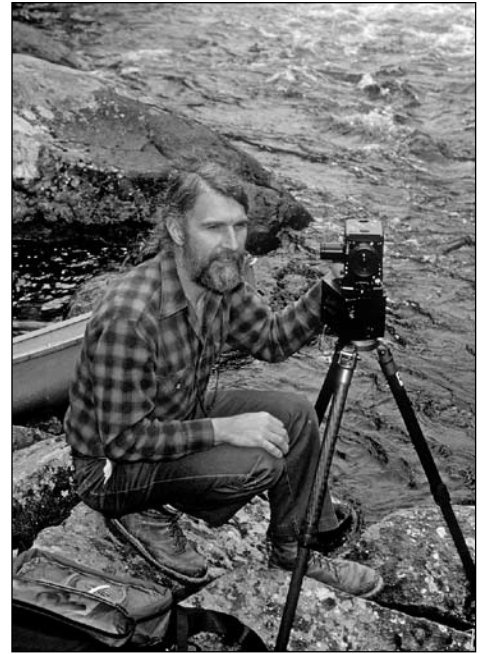
DINNER, *From page 1*

wildness into his landscape and panoramic photography. His work has been published in numerous national and regional publications including his coffee table books, "The Adirondacks" (2006), and "Adirondacks: Views of An American Wilderness" (1999) from Rizzoli, and "Wild New York" (2005), "Our New York" (2006), and "Backroads of New York" (2007) from Voyageur Press. He is currently working on a book on Lake George and another on the Maine Coast. His most recent multi-image production, the highly acclaimed panoramic digital presentation, "The Wild Adirondacks," is shown daily at the new Wild Center natural history museum in Tupper Lake.

Carl has won awards both regionally and nationally for his calendar photography and also received an Individual Artistic Award from the Adirondack Park Centennial Committee. In fall 2001, he also received an Adirondack Heritage award from the Association for the Protection of the Adirondacks for his work with photography.

When Carl is not in the shop or the garden, or traveling to another wilderness region, he can be found in summer paddling the wild Adirondack waters, and in winter, snowshoeing or skiing his favorite Adirondack Mountains. For more information on Carl's work, and to sign up for his newsletter or workshops please visit his website at www.carlheilman.com.

New members — don't miss this chance to meet and socialize with your fellow ADKers who "clean up real good." Until then, Happy Trails!



TO REGISTER

All reservations are prepaid by mail. Mail your check for the cost of the dinner along with your registration form by October 15. We do not take telephone reservations. Registration forms and menu choices will be on the cover of the September-November *Chepontuc Footnotes* and also available online at www.adkgfs.org after Labor Day.

NOTICE

Newsletter now available online

The Opt-out feature is live! If you want to receive Chepontuc Footnotes via e-mail rather than postal mail visit our website at ADK-GFS.org.



Join us for Heart Lake Winter Weekend 2009

By John Schneider

The Chapter will hold its 2009 Winter Weekend at the Wiezel Trails Cabin at Heart Lake from Friday, February 6, to Monday, February 9, 2009.

From the cabin, we will be able to cross-country ski and snowshoe to many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await the snowshoe. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mount Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfasts and dinners are included in the price. The Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps

16 persons in four four-person bunk-rooms.

The rate for the weekend should be no more than \$110 per person, if we fill all 16 spaces.

If we do not get an appropriate number of attendees, we will need to cancel our reservations 60 days (November 5) before our arrival date. Do not wait until the last minute to make your reservations.

To reserve your spot, send your deposit of \$110 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 12866. Call 518-584-8527 for more details. Reservations are on a first-come first-served basis. If we fill all 16 spots, we will maintain a short waiting list. The past two years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

Enjoy your summer, but think of the Chapter Winter Weekend 2009.

Save the date — Fall 2008 outing

Adirondack Mountain Club-Fall 2008 Outing, September 19-21, Wilmington, NY

Co-hosted by the Hurrican Mountain and North Woods Chapter, the 60th ADK Fall Outing headquarters will be at the Whiteface Mountain-Wilmington KOA Campground. Forty exciting high peaks, low peaks, paddles, climbs and even a fishing trip are scheduled. Also, a presentation on the Northern Forest Canoe Trail and a musical performance by Steve Langdon. Open to ADK members and guests. Registration booklets can be obtained by contacting Peter Gillespie, 518 891-2626 or petergil@roadrunner.com. All information will also be available via www.adktravel.org/fallouting.htm

Start the Fire Tower Challenge

Why not start the Fire Tower Challenge sponsored by your Glens Falls-Saratoga Chapter? This is a perfect time to hike some new trails and get a great view from on high! Visit www.adk-gfs.org for more information on the Fire Tower Challenge.

Wilderness Report

Pharaoh Wilderness area needs your help

By Jim Schneider, Wilderness Chair

The Glens Falls-Saratoga Chapter of ADK has joined with the New York State Department of Environmental Conservation (DEC) in the Adopt-A-Wildland Program. Our adopted wilderness area is the Pharaoh Lake Wilderness Area.

As adopters of this wilderness area, we are concerned with observing and report-

ing to DEC such things as:

- Faulty privies
- Messy lean-to areas
- Illegal trail use, especially ATV use
- Trail conditions
- Damaged bridges
- Sightings of rare or endangered wildlife
- Problems with bears
- Trailhead parking problems
- Incorrect or missing signs, etc.

If you are hiking in the Pharaoh Wilderness Area and notice any of these conditions, or something that causes you concern about the condition or usage of this area, please contact your wilderness chairperson. Please feel free to comment on positive aspects of your experience in this area as well.

Jim Schneider phone: 518-581-9367. I will forward information to DEC.

Thank you for helping us participate in the "Adopt-a-Wildland" program.



By Linda Ranado

Summer is upon us once again and soon our sponsorships will be off to Camp Colby, Pack Forest and up north to work on various trail projects. We are glad we were able to send so many this year. We also have two new Hike & Learn outings that we hope some of you parents with your eight to twelve year old sons and daughters will join in on us with. They are as follows:

Hike and Learn Series: Rock "n Stroll

For: Ages 8-12 (must be accompanied by parent/guardian)
Sunday, August 3

Hike Leader: Linda Ranado, Bob and Nancy Buckley

Time: 9:00 a.m.

Rating: EZ

Meeting place: ADK headquarters near Northway exit 21

Contact: Linda Ranado 696-7265

Join us in an easy hike out to Inman Pond as we explore the geological wonders along the way. Let's see what we find and can identify among the stones and rocks ... and whatever else may come our way. You may want sandals or other shoes to put on afterward as we will be wandering about the pond as well.

Hike and Learn Series: Lake Critters and Plants

For: Ages 8-12 (must be accompanied by parent/guardian)

Sunday, August 17

Hike Leader: Barb Bave

Time: 9:00 a.m.

Rating: EZ

Meeting place: ADK headquarters near Northway exit 21

Contact: Linda Ranado 696-7265

We will take a look at the ecology of a lake at Garnet Lake. Using nets, we will hike along the shore of the lake collecting specimens for study and possible viewing under microscopes. Any critters we catch will be released after we look at them. We will also look at plants that grow in and around the lake and talk about how the plants and animals depend on each other. Who knows how many things we'll find to look at! This is for kids in third to sixth grades. If you can, bring an old pair of sneakers to wade in and a dry pair (or sandals) to put on afterward. The same goes for clothes ... you might get wet!

Hope to see you there!

As usual, if anyone wants to join the committee, offer suggestions, and/or volunteer your time or expertise, you may contact Linda Ranado (lranado@hotmail.com or 696-7265).

New members

GF-S CHAPTER

The Glens Falls/Saratoga Chapter welcomes the following new members:

MARCH 2008

- Tim Bookhout, Roxbury
- Carol Shiek, Clifton Park
- Chris Cronin, Greenwich
- Grant Smith & Kirsten Kincaid, Wilton
- Jeff & Cari Gerber, Argyle
- Joseph Tamburrin, Saratoga Springs
- Elaine & Christopher Humiston, Schaghticoke
- Audrey Toussaint, Clifton Park
- Roger LeFco, Clifton Park
- Richard Wetendorf, Saratoga Springs
- George Nadeau & Jill Bodner, Queensbury
- Nathan Whitney, Lake Luzerne
- Brad Ordway, Hudson Falls
- Michael Whorf, Fort Ann
- John & Alicia Russo, Saratoga Springs
- Jim Yarsevich, Marana, Arizona
- Paul Ruzicka, Ballston Lake

APRIL 2008

- Alison Barnes, Saratoga Springs
- Adam Barsky, Keene, New Hampshire
- Walter Bassarab, Warrensburg
- John & Mary Batch, Ballston Spa

- Ryan Baxter, Johnstown
- Roger & Vicki Behrens, Ballston Spa
- Emilie Blough & Toni Miller, Greenwich
- Colin G. Brown, Saratoga Springs
- Ronald & Kathryn Byrnes, Porter Corners
- Douglas & Cathy Cassidy, Ballston Spa
- Bob & Julie Connors, Valley Falls
- Jacqueline Cordell, Queensbury
- Kevin Cullen, Saratoga Springs
- Theresa DiLeva, Ballston Lake
- Jenn Dodge, Corinth
- Suzanne Doucette, Glenville
- Richard, Ferial, Ben & Joe English, Galway
- Bonnie Frederick, Clifton Park
- Chris Frielinghaus, Queensbury
- Linda Frost, Fort Ann
- Kristina, David & Anna Gage, Porter Corners
- Regina Gallucci, Queensbury
- Linda, Richard & Haley Gault, Canterbury, Conn.
- Jason Girard, Hudson Falls
- Jason Girard, Hudson Falls
- Stephen & Louise Golub, Norwal, Connecticut
- Michelle Hadden, Gansevoort
- Michelle Hogan, Saratoga Springs
- Michael, Jennifer & Ella Horn, Saratoga Springs
- Timothy, Sally, Nate & Daryn Hutchings, Argyle
- Sarah Jurica, Saratoga Springs

- Alexis Katz & David Hodgson, Ballston Spa
- David Kellerman, Gansevoort
- Elizabeth & Scott Kraeger, Queensbury
- Deborah & Kenneth Lambert, Ballston Spa
- Jeanne LaPoint, Hudson Falls
- Mark LaRocque, Gansevoort
- Tom & Colleen Mahar, Glens Falls
- Elizabeth & Edwin Matthews, Silver Springs, Maryland
- Chris, Kim & Matt McNally, Ballston Spa
- Eleanor Mikutel, Glens Falls
- Kristen Morse, Glens Falls
- Michael Noonan, Warrensburg
- Jeremy & Corrina Parnapy, Lake George
- Nicholas Pasco, Queensbury
- Robert Perron, Salem, New Hampshire
- Ryan Rossley, Raleigh, North Carolina
- Maureen Shaw, Saratoga Springs
- Sally Snowden, Schuylerville
- Kevin Sprague, Queensbury
- Theresa Thompson, Brant Lake
- Karen Vaccaro, Saratoga Springs
- Greg Way, Galway
- Karl Westphal, Clifton Park
- Barb, Tim, Kala & Meilin Whalen, Queensbury
- Ellen B. White, Glens Falls
- Stephen Zipp, Clifton Park



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: www.adk-gfs.org

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library. **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August). **Outings Committee Meetings** held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. Future Meetings: July 23, September 24, November 19. Meetings alternate between Saratoga-Wesley Nursing Home Conference Room and either ADK Headquarters in Lake George or Carl R's Restaurant in Queensbury. Contact Chapter Chair or Outings Leader for exact location.

July		Outing Type	Destination	Leader/Contact	Rating
5	Sat	Hike	Haystack	Carpenter	A+
6	Sun	Hike	Indian Pass	Aspholm	A
8	Tues	Paddle	Leader's Choice	Coutant	B
9	Wed	Walk/Hike	Kids Hike	Coutant	C
11-13	Fri-Sun	Photography	NECCC Camera Seminars — Amherst, Mass	Whitney	None
12	Sat	Hike	Tirrell Pond Bushwhack	Crammond	B
12-13	Sat/Sun	Paddle/Canoe	Rainbow Lake	Bouder	A
13	Sun	Hike	Nippletop & Dial	Carpenter	A+
13	Sun	Hike	*YMG* — Leader's Choice	Gottung	B-
19	Sat.	Hike	Mount Marshall	MacKenzie/Whitney	A+
19	Sat	Hike	Fifth Pond to Montcalm Point	Van Dorsten	B
19	Sat	Hike	*YMG* — Blue Ledges	Lane/Lasky	C+
19	Sat	Hike	**Full Mooner Hike** Saratoga Battlefield	Genett/Caldwell	C
19-20	Sat/Sun	Paddle/Camp	Osgood Pond	Bouder	A
20	Sun	Hike	Giant and Rocky Peak	Carpenter	A+
20	Sun	Hike	Cook Mountain & Possible Option Rogers Rock	Desbiens	B-
22	Tues	Paddle	Leader's Choice	Coutant	B
23	Wed	Meeting	Outing Leaders Meeting	Whitney	
26	Sat	Paddle/Hike	Valcor Island	VanDorsten	B
27	Sun	Hike	Whiteface & Esther	Carpenter	A+
August					
2	Sat	Hike	Colden Mountain	Carpenter/Whitney	A+
2	Sat	Paddle	Henderson Lake	Prouty/Aspholm	B
3	Sun	Hike	Introduction to Long Trail of Vermont (Bromley Mountain)	Desbiens	B
5	Tues	Paddle	Leader's Choice	Coutant	B
6	Wed	Walk/Hike	Kids Hike	Coutant	C+
9	Sat	Bike	Glens Falls Bike Path	VanDorsten	B
9	Sat	Hike	*YMG* — Lyon Mountain	Lane	B+
9-10	Sat/Sun	Paddle/Camp	Raquette Lake	Bouder	A
14	Thurs	Hike	Buck Mountain	VanDorsten	B
16	Sat	Hike/Bushwhack	Botheration Pond, Marked Trail & Bushwhack	Crammond	B
16	Sat	Hike	*Full Mooner Hike* — Saratoga Battlefield	Genett/Caldwell	C
16	Sat	Hike	Colvin & Blake	Whitney	A+
19	Tues	Hike	Sleeping Beauty	VanDorsten	C+
19	Tues	Paddle	Leader's Choice	Coutant	B
23	Sat	Hike	Vanderwacker	Desbiens	B
23	Sat	Hike	Santanoni/Panther/Couchsachraga	Carpenter/Whitney	A+
30-31	Sat-Sun	Paddle/Camp	Cedar River Flow	Bouder/Holcomb	A
30	Sat	Hike	Noonmark Mountain	VanDorsten	B+
30	Sat	Hike	Upper & Lower Wolfjaws	Whitney	A+
31	Sun	Hike	Seymour Mountain	Carpenter	A+
September					
1	Mon	Hike	Nippletop via Nippletop Slide	McLean	A+
2	Tues	Paddle	Leader's Choice	Coutant	B
3	Wed	Meeting	Executive Committee	Holcomb	
3	Wed	Paddle	Kids Paddle	Coutant	C+
6	Sat	Hike	Severance Hike/Gull Pond	Prouty	C+
7	Sun	Hike	Algonquin/Iroquois/Wright	Carpenter	A+
10	Wed	Walk/Hike	Leaders Choice	Coutant	C+
13	Sat	Hike	Pharaoh Mountain	Morse	B+
13	Sat	Hike	*Full Mooner Hike* — Saratoga Battlefield	Genett/Caldwell	C
14	Sun	Hike	Lost Gorge (Bushwhack)	Bouder	A-
14	Sun	Hike	Street & Nye	Whitney	A
16	Tues	Paddle	Leader's Choice	Coutant	B
17	Wed	Walk/Hike	Leader's Choice	Coutant	C+
20-21	Sat-Sun	Camp/Hike	Loon Lake Mountain	Bouder/Crammond	A+
20	Sat	Hike	Pitchoff Mountain	MacKenzie	B+
20	Sat	Hike	*YMG* — Cliffs and Falls	Lane	B+
21	Sun	Hike	Gothics/Armstrong	Carpenter	A+
24	Wed	Walk/Hike	Leader's Choice	Coutant	C+
27	Sat	Hike	Rock, Cascade and Stephens Ponds	Crammond	B
28	Sun	Hike	Sawteeth	Bouder/Holcomb	A+
30		Paddle	Leader's Choice	Coutant	B



Outings

PLEASE NOTE: Designated hikes (family, new member, etc.) are geared for a special purpose, but are not exclusive. If you would like to attend any outing, please call the trip leader. Also, please be sure to refer to the outing instructions at the back of the newsletter to be prepared for the outing.

ONGOING

WEDNESDAY OUTINGS

Wednesdays

Time: 9ish – ?

Rating: D to B depending on trip

Maureen 745-7834 or mojom@roadrunner.com

Join me for brisk, short walks/hikes in and around Warren and Saratoga counties. Most of the trips will be finished by 11:30. The trips outside the Glens Falls area will go into the early afternoon. Call or e-mail for meeting times, length of trip and what to bring.

July 9 — Kids Hike

August 6 — Kids Hike

September 10

September 17

September 24

TUESDAY PM PADDLES

Leader's choice Tuesday afternoon or evening paddles. Call or e-mail Maureen for details 745-7834 or mojom@roadrunner.com

July 8

July 22

August 5

August 19

September 2

September 3 — Kids Paddle

September 16

September 30

HAYSTACK

Saturday, July 5

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

This mountain ranks #3 in order of height of the 46 High Peaks with spectacular views from the summit of thousands of acres, perfect, as made by nature. We will be starting the hike at the "Garden." A 19-mile day with lots of elevation gain. Bad weather will change the date of this hike.

INDIAN PASS — FROM THE SOUTH

Sunday, July 6

Time: 7:00 a.m.

Rating :A

Bob Aspholm 798-8599 or pine4422@yahoo.com

We'll hike in from the Upper Works Trailhead and scoot on up to the pass; at Summit Rock we'll savor the views of Wallface Mountain and the panorama to the south. After enough rest and repast we'll bushwhack over toward Wallface to a flat ledge and hunt for the nearby ice caves. Bring plenty of water and lots of willpower. Round trip: about 9 miles and about 1,100' ascent.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, July 8

Time: 9-?

Rating: B

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING OUTING — KIDS HIKE

Wednesday, July 9

Time: 9-?

Rating: C

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

TIRRELL POND BUSHWACK AND TRAIL

Saturday, July 12

Time: 9:00 a.m. at North Creek Grand Union parking lot

Rating: B

Rich Crammond 584-2380

This will be a loop hike around Tirrell Pond if we can make it that far. Bring your swimsuit for a dip if you wish at the pond. At least a 9.2-mile round trip hike.

RAINBOW LAKE CANOE AND CAMP

Sat.-Sun., July 12-13

Time: Noon

Rating: A

Jayne Boudier 793-3770

Camping at Buck Pond State Campground, east of Paul Smiths. With an early start, we might have time to explore the North Branch (Saranac River), Rainbow's namesake eskers, and The Flow, without having to rush. About 12 miles, moderate to leisurely pace, with time to stop. Or join us at the campground (early) on Sunday.



NIPPLETOP & DIAL

Sunday, July 13

Time: 6:30 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

This hike is approximately 12.5 miles (approximately 10 hours). We will start at the Ausable Club. Views from the summit of Nippletop are rated among the best.

***YMG* — LEADER'S CHOICE**

Sunday, July 13

Time: 8:30 a.m. (contact leader for place)

Rating: B-

Jessica Gottung 725-3859

We will do about 5 miles +/- in the Fulton County area with the potential for a little elevation. Some options include Holmes Lake, Irving Pond, Goodluck Lake or Cliffs, Kane Mountain + Indian Lake — or several others. Leader will bring dog.

MOUNT MARSHALL

Saturday, July 19

Time: 6:15

Rating: A+

Lorraine MacKenzie 656-3645 or lorrainem@safaritelecom.com

Jack Whitney 793-9210 or jack1758@adelphia.net

We will start from Upper Works and hike the Calamity Brook trail to Flowed Lands. From there a short distance to Herbert Brook and then up the herd path to the summit. Join us for a visit to a historic and scenic area. Round trip distance around 13 miles. Elevation around 1,600 ft.

FIFTH PEAK LEAN-TO AND MONTCALM POINT

Saturday, July 19

Time: 9:00 a.m., meet at the Bolton Beans coffee shop in Bolton Landing

Rating: B

Neal Van Dorsten Nealvan@aol.com or 644-9453

We will hike from Clay Meadows to Fifth Peak Lean-to and then on to Montcalm Point. From there we will be picked up by boat and shuttled back to Bolton Landing for ground transport to the cars. This hike offers some unique sights of Lake George, both from the top and then down to the water. Be sure to bring your bathing suits. The hike will be a leisurely nine miles, with a swim at the end.

***YMG* — BLUE LEDGE ON THE HUDSON**

Saturday, July 19

Time: 8:00 a.m.

Rating: C+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

Jason Lasky

This easy hike will take us to New York's mightiest river, the Hudson. We will be visiting one of the river's wildest stretches of rapids that flow beneath the towering cliffs that give this gorge its name. Round trip distance is about 5 miles with minimal elevation gain. Rain will cancel.

***FULL MOONER HIKE* — SARATOGA BATTLEFIELD**

Saturday, July 19

Time: Contact Leader

Rating: C

Aileen Genett 482-9101 or solice212@yahoo.com

Randy Caldwell 274-5737 or rth960@aol.com (please, no calls or e-mails after 9:00 p.m., Friday, July 18)

This is a multi-group, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 6-8 miles along the Tour Road to the Nielsen Farmhouse and some trails. Dress appropriately in layers, walking shoes, gloves, w/ h2o and flashlight, etc. A \$1 per person to pay for the night permit. For those who are interested, we can have a drink or snack afterward. In the event of rain or inclement weather, we will do an indoor activity like bowling/laser tag, etc. REMINDER — limited facilities (port-a-potty) on the tour road/trails since the visitor center is closed.

OSGOOD POND CANOE AND CAMP

Sat.-Sun., July 19-20

Time: Noon

Rating: A

Jayne Boudier 793-3770

Two little ponds with 2 narrow channels, 2 outstanding examples of natural communities, 2 outlets (Osgood AND Jones ponds), 2 great camps (or maybe just one, if it rains Saturday night ...) and an early start could make this an awesome trip! About 12 miles at a moderate to leisurely pace, with time to stop. It's near Paul Smiths. Anyone not wanting to camp may join us early on Sunday.

Join the Club!

When you join the ADK, you can choose to "affiliate" with the Glens Falls-Saratoga Chapter. The Glens Falls-Saratoga Chapter has a membership of more than 2,800, making it the second largest ADK chapter — and it's growing fast! Most members reside in either Saratoga, Warren or Washington

Counties of New York State. As a chapter member, you will also receive the bi-monthly *Chepontuc Footnotes* newsletter.

The club offers something for everyone. Activities include hiking, canoeing, cross-country skiing, social events, interesting programs, etc. You do not have to be an athlete or drive long distances to enjoy many of our outings. Hikes range from short, easy walks to more challenging climbs in the High Peaks. Many activities are local — not all require a long drive.

To join, go to www.adk-gfs.org and click on "Join the Club."



Outings

GIANT & ROCKY PEAK RIDGE

Sunday, July 20

Time: 6:30 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Giant is #12 and Rocky Peak Ridge is #20 in order of height of the 46 High Peaks. Giant is a wonderful mountain and a favorite hike. The views, looking at most of the High Peaks, are, perhaps, second only to Marcy. Approximate round trip distance is 8.5 miles (9.5 hours).

COOK MOUNTAIN & POSSIBLY ROGERS ROCK

Sunday, July 20

Time: 9:30 a.m.

Rating: B-

Pat Desbiens 899-9688 or pdesbien@nycap.rr.com (after 5:30 p.m. on Friday 316-1244)

This is the northernmost climb in the Lake George Basin region. Round trip distance is 3.4 miles with 895 ft. of elevation gain. There are fantastic views of Lake George to the south and east. The pace will be slow to enjoy this very historic French & Indian War area. Bring lunch to enjoy on the summit. If we get back early enough and people would like to walk a little more — on the way back, we could possibly stop by Rogers Rock Campground and climb 1.1 more miles up to the summit of Rogers Rock (this will be optional). Rain will cancel.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, July 22

Time: 9-?

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

VALCOUR ISLAND

Saturday, July 26

Time 10:00 a.m., meet at the Peru Boat Launch

Rating: B

Neal Van Dorsten Nealvan@aol.com or 644-9453

This is truly a diverse and spectacular hike, consisting of unending vistas, cliffs, harbors, and differing terrain. From rocky overlooks to sandy beaches, to large meadows, and beautiful forests this hike has it all. We will go by boat from the Peru Boat Launch one mile to Valcour. Then we will do the Perimeter trail which is about 6 miles. There are many interior trails as an option. Leader will be camping for one or two nights and camping is an option for one or two nights, for all who wish to participate. Boat transport is available for those who do not have a canoe or boat. Leader may bring dog.

WHITEFACE & ESTHER

Sunday, July 27

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Whiteface is #5 and Esther #28 in order of height of the 46 High Peaks. With a co-leader, hikers will have an option of climbing just one mountain rather than both. If doing both mountains, approximate distance is 12.5 miles. If only doing Esther round trip distance will be about 9 miles. Time will be determined by lunch break on Whiteface.

COLDEN MOUNTAIN

Saturday, August 2

Time: 5:45 a.m.

Rating: A+

Bill Carpenter 793-5506

Jack Whitney 793-9210 or jack1758@adelphia.net

Starting from Heart Lake we will go up to Lake Arnold. Take a right and go up a few bumps and finally to the summit. Great views from this peak! Round trip distance around 12.6 miles. Ascent from Heart Lake 2,532 ft.

HENDERSON LAKE EXPLORATION

Saturday, August 2

Time: 7:00 a.m.

Rating: B

Bob Aspholm 798-8599 or pine4422@yahoo.com

Reg Prouty 747-9736

We put in from the Upper Works trailhead; it's a 15-20 minute canoe/kayak carry from the parking lot to the boat launch. Henderson Lake is a really beautiful and pristine body of water; almost 2 miles in length but it takes all day to explore the shorelines and savor the surrounding views. Bring lunch and willpower to paddle around the whole lake. PFD'S REQUIRED.

A TASTE OF THE LONG TRAIL OF VERMONT (BROMLEY MOUNTAIN/MAD TOM NOTCH)

Sunday, August 3

Time: 7:00 a.m.

Rating: B

Pat Desbiens 899-9688 or pdesbien@nycap.rr.com (Note: after 5:30 p.m. on Friday, August 1, call cell phone 316-1244)

For those of you who are thinking that you might like to hike the Long Trail of Vermont someday, this can be your introduction to the Trail. We will do a short section (5.2 miles with, depending on where we start between 800 to 1,400 ft. of elevation gain). We will spot cars at parking areas on Routes 11 & 30 and in Mad Tom Notch. The high point will be at the summit of Bromley Mountain which, with the aid of an observation tower, gives 360-degree views.



TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, August 5

Time: 9-?

Rating: B

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING OUTING — KIDS HIKE

Wednesday, August 6

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

ROAD BIKE TRIP — WARREN COUNTY BIKEWAY

Saturday, August 9

Time: 9:00 a.m., meet at bikeway start in Lake George (across from the Steamboats Dock)

Rating: B

Neal Van Dorsten Nealvan@aol.com or 644-9453

We will do a leisurely AMP of 12 to 14 with several stops along the way. We will include a lunch stop and will cover from 22 to 34 miles depending on the group. This ride will be geared to have fun and we will leave no one behind. Bring your suits for a swim in Lake George after the ride.

***YMG/FIRE TOWER CHALLENGE* — LYON MOUNTAIN**

Saturday, August 9

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone looking for a truly international view. The trail up Lyon is a rigorous High Peak-style trail and is steep for much of the climb. We'll go at an easy pace. Distance is about 5 miles with an elevation gain of 1,790 ft. Rain will cancel.

RAQUETTE LAKE CANOE AND CAMP

Sat.-Sun., August 9-10

Time: 1:00 p.m.

Rating: A

Jayne Boudier 793-3770

We'll get to Tioga Point or Big Island in time to set up and take an evening stroll or paddle. Anyone who wants to hop into their boats just before dawn will be treated to the best hours of the day. We could paddle to the Needles, Hens and Chickens Islands, the Marion River, South Inlet, etc. Total distance will be 10-12 miles, the pace moderate to leisurely.

BUCK MOUNTAIN

Thursday August 14

Time: 9:00 a.m. at the trailhead in Pilot Knob

Rating: B

Neal Van Dorsten Nealvan@aol.com or 644-9453

This hike provides wonderful forests and spectacular views of Lake George from the top. The trail often has Barred Owls and winds along a wonderful brook. The total distance is about 6.5 miles round trip and we will enjoy an easy pace. Allow about 4 hours. Leader may bring dog.

BOTHERATION POND — MARKED TRAIL AND BUSHWHACK

Saturday, August 16

Time: 8:30 a.m., Grand Union, North Creek Village

Rating: B

Rich Crammond 584-2380

This hike will be an approximate 7.6-mile round trip outing. About 200 ft. of elevation change. Some bushwhacking and a stream crossing. (We can do this!)

***FULL MOONER HIKE* — SARATOGA BATTLEFIELD**

Saturday, August 16

Time: Contact Leader

Rating: C

Aileen Genett 482-9101 or solice212@yahoo.com

Randy Caldwell 274-5737 or rth960@aol.com (please, no calls or e-mails after 9:00 p.m., Friday, August 15)

This is a multi-group, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 6-8 miles along the Tour Road to the Nielsen Farmhouse and some trails. Dress appropriately in layers, walking shoes, gloves, w/h20 and flashlight, etc. A \$1 per person to pay for the night permit. For those who are interested, we can have a drink or snack afterward. In the event of rain or inclement weather, we will do an indoor activity like bowling/laser tag, etc. REMINDER — limited facilities (port-a-potty) on the tour road/trails since the visitor center is closed.

COLVIN AND BLAKE MOUNTAINS

Saturday, August 16

Time: 5:00 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@adelphia.net

Starting from the Ausable Club, we will walk a couple of miles up the road to the cut-over trail to Colvin and then on to Blake. Round trip distance is around 14-15 miles with 2,800 ft. of elevation gain.



O utings

SLEEPING BEAUTY

Tuesday, August 19

Time: 9:00 a.m. at Starbucks in Glens Falls or 9:45 at the trailhead at Dacy Clearing

Rating: C+

Neal Van Dorsten Nealvan@aol.com or 644-9453

This hike is always a pleasure with some interesting highlights. At times we have spotted Falcons, as they enjoy a nesting area in surrounding cliffs. The mountain is an easy traverse and offers splendid views at the top. The pace will be easy, so everyone is welcome. Leader may bring dog.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, August 19

Time: 9-?

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

***NEW MEMBER/FIRE TOWER* — VANDERWHACKER MOUNTAIN**

Saturday, August 23

Time: 8:00 a.m.

Rating: B

Pat Desbiens pdesbien@nycap.rr.com; 316-1244 (cell) or 899-9688

All are welcome on this hike — even though it is labeled a New Member hike. An opportunity also to grab one of the fire towers if you are working on the Fire Tower Challenge. The distance is 5.4 miles round trip with 1,650 ft. of elevation gain. The first half is relatively level but gets moderately steep as we near the summit — after we reach the old caretaker's cabin. There are some very pretty sections on this trail, the summit is closed in on three sides but 360-degree views can be had if you climb the tower.

SANTANONI/PANTHER/COUCHSACHRAGA

Saturday, August 23

Time: 5:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Jack Whitney 793-9210 or jack1758@adelphia.net

Wanted: hikers to test their hiking boots on this trail. We will go up Panther Brook and first hike Panther. Time permitting take a stroll out to Couchsachraga and back. Going over to Santanoni and finally down the new trail on Santanoni. Boots must be in good physical shape, able to keep a moderate hiking pace and be ready for a long but rewarding day in the woods.

CEDAR RIVER FLOW — CANOE, HIKE, AND CAMP

Sat.-Sun., August 30-31

Time: 7:30 a.m.

Rating: A

Jayne Bouder 793-3770

Jean Holcomb 583-0658

We'll climb Wakely mountain (67th of Adirondack 100 highest, with a 70-ft. firetower), and set up camp on Saturday. Anyone who wants to hop into their boats just before dawn on Sunday will be treated to the best hours of the day on the Flow. 6-1/2 miles of hiking with 1,636 ft. ascent, 8-10 miles of paddling, moderate to leisurely pace. West of Indian Lake.

NOONMARK MOUNTAIN

Saturday, August 30

Time: 8:30 a.m. at Bolton Beans or 10:00 a.m. at the trailhead

Rating: B+

Neal Van Dorsten Nealvan@aol.com or 644-9453

This is a great hike, but it is steep in places. There are views along the entire way of both the Ausable Club and the surrounding High Peaks. The total distance is only about 5 miles but it seems a little longer. You should allow about 5 hours from the time we leave.

UPPER AND LOWER WOLFJAWS

Saturday, August 30

Time: 6:00 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@adelphia.net

Another hike from the Ausable Club. We will leave the road and hike up the trail to the ridge between the two Wolfjaws. We will tackle Lower Wolf Jaw first, come back down and go over to Upper Wolf Jaw, then retrace our steps back to our cars.

SEYMOUR MOUNTAIN

Sunday, August 31

Time: 5:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

We will follow the most popular route to the summit of Seymour — leaving from Corey's and following the trail to the Ward Brook Lean-to and then taking the herdpath which starts about 0.1 miles SE of the lean-to up to the ridge and then to the summit. A rolling terrain walk to the lean-to and then the serious climb begins.

Invite your friends to join

ADK



NIPPLETOP VIA NIPPLETOP SLIDE

Monday, September 1

Time: 7 a.m. at Ausable Club

Rating: A+

Mike McLean 315-262-2564 or mpmclean@twcny.rr.com

We'll hike up the Ausable Road and head into Elk Pass, then go off trail and descend the other side of the pass along a rocky stream to arrive at the base of the slide. Up the extensive slide we go, negotiating a rather steep section at the beginning, and then easy going takes us almost all the way to the top. Will throw in Dail on way out as time and conditions dictate. Approximately 14 miles round trip.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, September 2

Time: 9-?

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

KIDS PADDLE

Wednesday, September 3

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

SEVERANCE HILL AND GULL POND WITH OPTIONAL OVERLOOK

Saturday, September 6

Rating: C+

Time: 8:30 a.m.

Reg Prouty 747-9736 or reg46r4734@yahoo.com

We will meet at 8:30 a.m. at Panera Bread in Queensbury.

Severance Hill is a short, 1-mile, moderately easy climb to two overlooks of the Schroon Lake area. Gull Pond is a picturesque little pond on the east side of Schroon Lake with an optional overlook with views of the High Peaks. Total ascent is 700 ft. or 800 ft. with Gull overlook and total distance is 3 miles or 3.5 miles with optional overlook. Pace will be relaxed.

ALGONQUIN-IROQUOIS-WRIGHT

Sunday, September 7

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Join us on this classic Adirondack hike. The views from all three of these summits are some of the best. We will start from the HPIC at Heart Lake. Hike Algonquin first, then over to Iroquois and retrace our steps and finish by climbing Wright. Rain will postpone.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, September 10

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

PHARAOH MOUNTAIN

Saturday, September 13

Time: 9:00 a.m. at the Crane Pond Trailhead

Rating: B+

Bill Morse 518-585-9153 or fishermanpike@yahoo.com

From Crane Pond this is a 5.8-mile hike with 1,470 of elevation gain. The top offers good views of Schroon Lake and the Pharaoh Wilderness area. Bring a lunch. Leader may bring dog.

***FULL MOONER HIKE* — SARATOGA BATTLEFIELD**

Saturday, September 13

Time: Contact Leader

Rating: C

Aileen Genett 482-9101 or solice212@yahoo.com

Randy Caldwell 274-5737 or rth960@aol.com (please, no calls or e-mails after 9:00 p.m., Friday, September 12)

This is a multi-group, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 6-8 miles along the Tour Road to the Nielsen Farmhouse and some trails. Dress appropriately in layers, walking shoes, gloves, w/h20 and flashlight, etc. A \$1 per person to pay for the night permit. For those who are interested, we can have a drink or snack afterward. In the event of rain or inclement weather, we will do an indoor activity like bowling/laser tag, etc. REMINDER — limited facilities (port-a-potty) on the tour road/trails since the visitor center is closed.

LOST GORGE ROCKHOP AND BUSHWACK

Sunday, September 14

Time: 7:30 a.m.

Rating: A-

Jayne Boudier 793-3770

Bob Aspholm 798-8599

The gorge is full of user friendly rocks, crystal pools, and waterfalls of all sizes. In the woods afterward is a large, smooth rock with great views. 7 miles (half trailless), 1,100 ft. ascent, at a moderate pace. North Boquet River, Dix Mountain Wilderness.

STREET AND NYE

Sunday, September 14

Time: 6:30 a.m.

Rating: A

Jack Whitney 793-9210 or jack1758@adelphia.net

This hike is for anyone working on their 46 or if you are someone who enjoys great views. Whatever the reason, join us on this hike. Round trip distance is about 9 miles.



TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, September 16

Time: 9-?

Rating: B

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, September 17

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

LOON LAKE MOUNTAIN FIRE TOWER HIKE AND CAMP

Sat.-Sun., September 20-21

Time: 11:00 a.m.

Rating: A+

Jayne Boudier 793-3770

Why wait for the state to cut a trail to the top, when we can bush-wack there. And beat the crowds. We'll camp Saturday night and hike Sunday. 9 miles (3 trailless) and 3600 ft. ascent includes a side trip to Skiff Pond. Great views of the northern Adirondacks — the High Peaks, Lyon, Debar, and Azure Mountains. Camping at Buck Pond Public Campground, northeast of Paul Smiths.

PITCHOFF MOUNTAIN

Saturday September 20

Time: 8:00 a.m.

Rating: B+

Lorraine MacKenzie: 656-3645 or lorrainem@safaritelecom.com

We will be traveling NE to SW on this 5.2 mile hike. Pitchoff contains five summits, four of which are bare and provide outstanding views. The fall colors should be emerging on the surrounding mountains. "Kodak moments" will be plentiful. Rain cancels. Call or e-mail leader for details and to sign up.

***YMG* — CLIFFS AND FALLS**

Saturday, September 20

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogrp.com

Have you been to Fish Hawk Cliffs? How about Indian Head? Or Rainbow Falls? Beaver Meadow Falls anyone? How about we visit all four, each an incredible destination by itself, but together should make for quite a memorable day. Approximately 10 miles round trip, comfortable pace, and just enough elevation gain to get your blood pumping. Rain will cancel.

GOETHICS/ARMSTRONG

Sunday, September 21

Time: 5:45 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

We will most likely leave from the Ausable Club, walk up the road to Lower Ausable Lake and then up to Gothics, down and up to Armstrong returning via the Beaver Meadow Falls/Gothics trail to the Lake Road. A fairly long day with lots of elevation gain but spectacular views if the weather cooperates. Thunderstorms will cancel.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, September 24

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

ROCK, CASCADE AND STEPHENS POND — MARKED TRAIL HIKE, LAKE DURANT AREA

Saturday, September 27

Time: 8:30 a.m., Grand Union, North Creek Village

Rating: B

Rich Crammond 584-2380

This looks like around 6 miles of hiking. Little elevation change. Two lean-tos for break time. Hope for nice fall colors and a dry day.

SAWTEETH

Sunday, September 28

Time: 6:30 a.m.

Rating: A+

Jean Holcomb 583-0658 or jchhiker@verizon.net

Jayne Boudier 793-3770

Back by popular demand! We will do the loop going up the scenic trail and coming down the Gothics trail. About 3,000 ft elevation gain and 13 miles, half on The Ausable Club road. This was a fantastic hike last three years. The scenic trail is stunning in fall. Just hope for a beautiful day. We will leave from Panera Bread parking lot, exit 19, Glens Falls. Number limited to 15 due to Ausable club and High peak rules.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, September 30

Time: 9-?

Rating: B

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.



Haystack, March 16, Steve Mackey, 7 participants

- I only hiked 5 High Peaks this winter. They were all either early winter or late winter, and they all had lots of snow on the ground, snow coming down, high wind, and no view. So I am happy to report that this hike made it 5 for 5. The trail was hard packed, so none of us skied. We ended up wearing our snowshoes for about a third of the trip. We cut the corner to the Range Trail like we'd planned, but we had a little trouble finding the trail on the other side. The snow was deep enough that the trail markers were buried and what snowshoe trails we saw were on the trail sometimes and sometimes not. On the way down Little Haystack we all switched to crampons, (except for Peter, who made it a little extra exciting), but we didn't need a rope. The summit was covered with a couple inches of ice and visibility was about 100 feet. A good strong group, hope next winter we get some views. Participants: Nate Morgan, Colin Buckhurst, Peter Valastro, Steve Barlow, Sue Hoff-Haynes, Dan Dolan, Steve Mackey.

Wednesday Morning Walk — Butler Pond Road, March 26, Maureen Coutant, 7 participants

- We were so glad to be out! We all chatted about the series of storms that wreaked havoc on our Wednesday walks. This was the first time out since the end of January. Although this is a road walk, it's a fairly steady hill which we crested and came part way down the other side. Then we headed back to our cars. It was a good workout and my shins were feeling it the next day. Participants: Maureen Coutant, Margaret Curtis, Liz Gee, Licia Mackey, Gary Rodd, Gretchen Stark, Victoria Warren.

Porter and Cascade, March 30, Pat McCullough, 10 participants

- The weather Gods did not let me down when I wrote that I had ordered great weather for this hike. Blue skies, sunshine, no wind, and views almost to the ocean. What more can you ask for at the end of March? Most of the hikers were rookies for a climb with snowshoes. I am pretty sure that they are all hooked at this point. Now all we have to do is reel them in. A great group to spend a beautiful day with. Participants: Bill Carpenter, Andy Chillrud, John Chillrud, Emily Davison and her husband, Erik LeClair, Tom Mahar, Pat McCullough, Derek McDonagh, Donna Ruppel.

Wednesday Morning Walk — Glens Falls, April 2, Maureen Coutant, 6 participants

- Well there was still snow in the woods in the Glens Falls area, so we did a neighborhood walk and city tour. We scouted out the bike trail for future trips and showed the downtown sites to those not so familiar with the area. We even had a coffee stop although we took them to go! Participants: Maureen Coutant, Margaret Curtis, Licia Mackey, George Sammons, Edna Van Dorstan, Victoria Warren.

Hadley Mountain, April 5, Pat Desbiens, 15 participants

- The weather was warm but the snow was still on the ground for this hike. Equipment used ranged from snowshoes to stabilizers — a few people on the hike trying out these pieces of equipment for the first time. Experience and ability varied within the group but all did what they could to the best of their ability level and enjoyed the beautiful weather and peacefulness of the mountains. Those who made it to the summit were rewarded with wonderful views and the opportunity to sit around and relax. Many thanks to Bill Carpenter and Ray Bouchard and Rich Crammond, three of our dedicated outings leaders, for helping out with leadership roles. Participants: Bill Carpenter, Stephen Hiter, Vicki Starr, Paul Weinstein, Nicole Weinstein, Samuel Weinstein, Delia Weinstein, Tom Mahar, Greg Furlong, Tricia Lockwood, Shawn Neese, Ray Bouchard, Rich Crammond, Garrett Seabury, Pat Desbiens.

Big Slide instead of Avalanche Mountain, April 6, Jayne Boudier, Jack Whitney, 7 participants

- Deep snow and a beautiful but WARM forecast switched this 100 highest bushwack to Big Slide's dependably packed trail. The road to the Garden had deep ruts and we had some tricky snowshoeing over melted, rocky areas on the Brothers. But the snow was excellent after that. On the way down we sunned on the warm rocks and had great views all day from everywhere! Participants: Bob Aspholm, Jayne Boudier, Bruce Cushing, Dan Monroe, Kathy Quoi, Jeff Sullivan, Jack Whitney.

Wednesday Morning Walk/Hike — Saratoga State Park, April 9, Maureen Coutant, 12 participants

- We wound up doing a water tasting tour ... well some of the braver members of the group did. Maybe the ones with an impaired sense of smell! We all enjoyed getting out and exploring the park, tasting the water, seeing the geyser and we even got into the grounds of SPAC. Some of us went into town for lunch afterward ... a great morning out! Participants: Maureen Coutant, Margaret Curtis, Ely Fuller, Anna and Kristina Gage, Albina Ientile, Licia Mackey, Gary and Shar Rodd, George and Irene Sammons, Victoria Warren.

Pilot Knob Gazebo and Waterfall, April 19, Lorraine MacKenzie, 18 participants

- It was summer in April. Temperatures were in the high 80s and no shade. The leaves were just buds on the trees. Spring flowers were just breaking through the ground. The waterfall was a cool and welcome sight. What a unique hike! Participants: Ray Bouchard, Bill Carpenter, Cathy Corrigan, Rebecca Douglass, Joanne Fritz, Lorraine MacKenzie, Dawn Mead, Kathy Quoi, Terry Peek, Linda Robinson, Daniel Roicki, Nancy Roselle, Kristen Ross, Melissa Ross, Julia Syrotynski, Jack Whitney, Sandy Yellen, Sharon Zaccari.



Round Pond Loop, April 20, Jean Holcomb, Jayne Boudier, 4 participants

- We arrived in one car, parked at the Stone Bridge over the N. Boquet River, and carried our snowshoes into the woods full of icestorm broken trees and branches, on trail and off. It was a beautiful, warm and shadeless day. The water was high, the waterfalls and views were great! When the snow became mushy we skipped the third bump and at Round Pond we decided we'd had enough of bushwacking and bailed out to Route 73. Had a pleasant late-afternoon walk down the road to our car, with cool shade, rushing brooks, and smooth going — and completed our loop! Participants: Bob Aspholm, Jayne Boudier, Jean Holcomb, and Anna Marynowska.

Wednesday Morning Walk/Hike — Lake George, April 23, Maureen Coutant, 5 participants

- Our snowbird, Mace, returned for our spring walk in Lake George. We admired the view from the boardwalk then headed to the trail up Prospect. We did the beginning of the trail (up to the road), picked up garbage, and returned to our cars and to try out Gary's Tryke — a day with Gary's toys may be a future outing! Participants: Mace Comora, Maureen Coutant, Gary Rodd, George Sammons, Bill Schwarz.

Hotwater and Grassy Ponds, April 26, Rich Crammond, Jayne Boudier, 8 participants

- We got a beautiful, warm day, with high water, and no bugs! The rushing Boreas River shared its gorge with the railroad tracks and us, and some knee-deep snow. Spring runoff lured us up the wrong drainage, where blooming wildflowers and springmelt waterfalls made the extra half mile of (sometimes steep) bushwacking bearable. We had lunch at Hotwater Pond, where its outlet plunged abruptly underground. Birdwatchers got out binoculars as we bushwacked on to Grassy Pond where we stopped for a while and a group picture. We then 'wacked back down to the Boreas and the train tracks back. The grand finale was a 10-minute climb to where Hotwater Pond outlet emerged from a cool cave at the base of an undercut cliff, from wherever it had been. Great day, beautiful place, great group! Participants: Jayne Boudier, Rich Crammond, Gail Gaskin, Jean Holcomb, Tom Mahar, Kathy Miles, Shawn Neese, Rich Speidel.

Noonmark Mountain, April 26, Jonathan Lane, 7 participants

- What a beautiful day with some incredible views! We made this a nice loop hike, encountering some deep pockets of snow on the way down, which only made it a more interesting hike. Overall, a great day. Participants: Colin Buckhurst, Bill Carpenter, Tim Clark, Jonathan Lane, Jason Lasky, Patricia Lockwood, Molly Noonan.

Kids hike — Moreau, April 26, Maureen Coutant, 6 participants

- The iffy weather may have kept some families away, but our small group enjoyed a short walk to Mud Pond where we looked for salamanders, fish and other cool things. A tiny jaw bone skeleton was probably our neatest find. Participants: Gen, Jim and Maureen Coutant; Anna, David and Kirsten Gage.

Toungue Mountain, April 27, Lorraine MacKenzie, 11 participants

- We started out in the mist. We were looking out for rattlesnakes but found only very happy frogs, spring flowers, and beautiful views. Our hike would have been a difficult one, negotiating around a lot of blowdown had it not been for the wonderful crew who did trailwork the day before. THANK YOU! Participants: Ray Bouchard, Dave Ganje, Alan Gee, Liz Gee, Mark Greenberg, Lorraine MacKenzie, Terry Peek, Patrick Stacey, Linda Veraska, Jack Whitney, Sandy Yellen and Harold.

Treadway Mountain, April 27, Jim Schneider, 3 participants

- Under gray skies, but with the hopeful prospect of later sun, we set off from Putnam Pond Campground. The woods provided deep views without foliage as we listened to loon calls from the lake. The trails were in good shape with the occasional walk-around of snapped-off tree crowns from winter's ice. Under breaking sunshine the Treadway to Crab Pond bushwhack followed the script perfectly and Rock Pond was as delightful as ever. Great fun, too bad you missed it. Participants: Bill Bechtel, Kathy Quoi, Jim Schneider.

Wednesday Morning Walk/Hike — Cat Mountain, April 30, Maureen Coutant, 6 participants

- We knew the warm spell in April was over when we were greeted with snow flurries in the parking lot. We walked to the top of Cat Mountain where we saw the flurries again and some more ominous looking clouds off in the distance. The view was spectacular. We cleared trail of some of the many downed branches on the way down. Participants: Maureen Coutant, Licia Mackey, George Sammons, Gretchen Stark, Neal Van Dorsten, Vicky Warren.

Long Lake NTP Trail Work Weekend, May 2-4, Bill Bechtel, 11 participants

- Our three-day work weekend started with a gathering of everyone at the Long Lake State Boat Launch to be ferried with our supplies down the lake to Kelly Point where there are two lean-tos. The first day we side cut and cleared blow-down from Kelly Point to Shattuck Clearing after being shuttled by Captain Neal to Plumleys. The evening meal served up by Tom Ellis, filled our stomachs after a hard day's work. On the second day we again cruised up the lake to Plumleys, with a short hike into Pine Plantation to replace bridges across a large swampy area. With DEC permission two huge pine trees were downed by Wes. The crew immediately went to work scraping off the bark while Neal and his crew carried the logs to the nearby swamp. Tom E. and Wes cut the tops flat and notched the bottoms to fit the stringer logs. Everyone got wet and dirty carrying and placing the logs in the swamp. Four, 12-foot-long bridges were replaced using 18- to 20-inch diameter logs. Again the evening meal of beef burgundy with potatoes, beer and wine rejuvenated our bodies and spirit for another evening session around an even better campfire than the previous night. The final day was spent side cutting and clearing the trail from Kelly Point to Tarbell Road parking lot. By early afternoon everyone was on his or



her way home, somewhat dampened by the rain, but with a good feeling of a job well done. The following participated in this endeavor: Neal Andrews, Mong Joe, Eh Dah, Eh Tha Pwee, Wes Lampman, Tom Ellis, Dan D'Angelico, Barb Bave, Bill Bechtel, Tom Wemmet, Genny Morley.

Spring Bird Walk — Peebles Island State Park, May 3, Rich Speidel, 17 participants

- It was a cool, overcast morning with some light rain. Fortunately the rain ended as we made our way around the perimeter of Peebles Island. We spotted a number of birds from the bluffs overlooking the Mohawk River, including Spotted Sandpipers in the channel below, a Pileated Woodpecker on an adjacent island, and Swallows overhead. The walk ended on a musical note as a Warbling Vireo made a cameo appearance. Our friendly and dedicated group identified 36 species of birds, a good variety for a cloudy and cool day. Participants: Uday, Niti and Neha Chandra, Liz and Alan Gee, Bruce Goodale, Jean Holcomb, Licia and Steve Mackey, Terry Peek, Namita and Ria Ranjan, Marsha and Steve Ras, Ashlee and Jennifer Swallow, Rich Speidel.

Buck Mountain, May 4, Lorraine MacKenzie, 15 participants

- We arrived at the trailhead and it started to rain. We pressed on into the mist. On the bright side, the waterfall was flowing strong, the bugs were at bay and the spring colors were more dramatic. Some of us lingered at the top to see the skies clear and the lake magically appear. The rest viewed the parting of the clouds on the decent. Participants: Brenda Arley, Kati Behrens, Ray Bouchard, Bruce Cushing, Carolyn Cyr, Michelle Hadden, Stephen Hiter, Margie Litwin, Lorraine MacKenzie, Arthur Ostrov, Terry Peek, Melissa Ross, Linda Veraska, Jack Whitney, Sandy Yellen.

Black Mountain Ponds, May 10, Rich Crammond and Jayne Boudier, 6 participants

- This was one rugged hike to another backwoods Adirondack pond. We bushwhacked our way along a real fine run-off stream with neat little waterfalls and crystal clear pools of Adirondack joy for us all! We then headed for the top of Black Mountain but it was, let's say, not good going through so much blowdown. So we headed back down to the runoff and back to the tracks and then to the starting point. (What a fine rugged group!). They were all good natured in spite of the black flies and bushwhacking through some tough stuff. Thanks to all for a nice outing. Participants: Tom Mahar, Brenda Arley, Shawn Neese, Rich Neese, Jayne Boudier, Rich Crammond.

Spring Bird Walk — Wilton Wildlife Preserve & Park, May 10, Rich Speidel, 26 participants

- Special thanks to Jack Reber of the Wilton Wildlife Preserve for co-leading this walk. We had an amazing turnout for this early morning walk, and were blessed with sunny skies. Starting at the pond, we observed two Green Herons along the shoreline ... turns out they were feasting on large tadpoles (bullfrog?). Highlights along the trail included a pair of Pileated Woodpeckers and a good view of a Great-Crested Flycatcher in the treetops. With the help of a fine group of crackerjack birders (including 11 year-old Brett, who knows birds by sight and sound), we identified 32 species. Participants: Steve and Brett Abrahamsen, Susan and Tom Beaudoin, Phyllis Bader-Borel and John Borel, Patricia Brennan, Mary Beth Delarm, Pat Fitzgerald, Lisa Gaudette, Liz and Alan Gee, Bruce Goodale, Cathy and Keith Hall, Ann and Warren Hockenos, Licia Mackey, Kate McNairy, Jack Reber, Carol Roberts, Sue Rosenberg, Joan and Bob Stevens, Kathy Swantak, Rich Speidel.

Hadley Mountain Wild Flower Hike, May 11, Jack Whitney/Bill Carpenter, 25 participants

- This hike was a combined Glens Falls/Saratoga and Schenectady Chapter hike with Ruth Schoottman leading her annual Mother's Day Wildflower hike. It was a purposely leisurely journey to the summit with the weather cooperating and Mother Nature providing ample opportunity to view an abundance of wildflowers. Ruth's knowledge of the wildflowers and flora and the historical background on the naming of many of them was impressive to all. Everyone was rewarded for the effort of the climb with gorgeous weather and spectacular views from the summit. A most enjoyable day — thank you, Ruth! Participants: Sharon Kay, Kristi Allen, Lorrie Seabury, Garrett Seabury, Tristen Seabury, Kristin Ross, Raney Peck, Joanne Fritz, Kathy Shang, Diane Collins, Brenda Arley, Eberhard Burkowski, Margaret Litwin, Jean Holcomb, Pat Desbiens, Patricia Carpenter, Bill Carpenter, Alan Gee, Liz Gee, Carolyn Bouchard, Ray Bouchard, Sandy Yellen, Gabbie Carpenter, Kathleen Swantak, Jack Whitney.

Tuesday Evening Paddles — Glen Lake, May 13, Maureen Coutant, 13 participants

- We had quite a flotilla for our inaugural trip of the season! Thirteen boats paddled into the wetland area and enjoyed the high water to get farther up the waterway than we expected. It was great to renew friendships and meet new people. Bill saw the most wildlife and I saw many flowering water plants that I couldn't identify. Water plant expert needed! No experience necessary! Just show up! Participants: Joanne Armstrong, Maureen Coutant, Beth Gurzler, Andrew and Anne Paolano, Bob and Sandy Powell, George Sammons, Alison Saville, Bill Thomas, Marti Tucker, Victoria Warren, Joann Zales.



Sleeping Beauty/Bumps Pond Loop, May 17, Reg Prouty, 11 participants

- We found the gate to Dacy Clearing still closed, so we walked the extra 3 miles round trip into Dacy Clearing from the DEC parking area. The ascent to the summit took us less than 2 hours and we had a DEC employee, Jim Weed, clearing the way for us with his axe. The day was beautiful so we spent more than an hour on top taking in the views. We could still see snow on Mount Marcy and other Adirondack peaks. Several wildflower species added to the day's enjoyment. We spotted several garter snakes and many salamanders at Bumps Pond. Participants: Molly Noonan, Steve Bederian, Regina Gallucci, John Devine, Claudia Rosenhof Jeanne LaPoint, Kristine Karig, Sherry Aiken, Kathy Quoi, Terry Peek, Reg Prouty.

Spring Bird Walk — Pack Forest, Warrensburg, May 17, Rich Speidel, 10 participants

- Weatherwise this outing was timed just right, with blue sky and sunshine the entire morning (cloudy and cool the day before, and rain several hours after our walk). The nice weather had the birds singing, which led to fine sightings of a Solitary Vireo, Least Flycatcher, and Baltimore Oriole, among others. We also benefited from Alan's skill of photographing birds with his nifty digital camera and zoom lens, which provided instant closeup images. Thanks to the combined efforts by our group, 32 species of birds were identified. Participants: Susan and Tom Beaudoin, Mary Cambria, Gail Epstein, Liz and Alan Gee, Mary Ann Moran, Doris and Merle Nichols, Rich Speidel.

Mount Adams, May 18, Lorraine MacKenzie, 13 participants

- We numbered 13 but our trip was far from unlucky. We had blue skies, comfortable temperatures and enough of a breeze to keep the black flies at bay. Beautiful views, fantastic people and the forecasted rain came after we were all back in our cars. Participants: George Baranauskas, Bill Carpenter, Carolyn Cyr, Pat Desbiens, Anne Franzese, Heleen Isen, Tricia Lockwood, Lorraine MacKenzie, Andrew Pasko, Joe Pasko, Cynthia Staniels, Jack Whitney, Sandy Yellen.

Macomb, South Dix, East Dix and Hough Mountains, May 24, Jack Whitney, 15 participants

- A great day in the Dix range. We started out by going up Lillian Brook to the lean-to and slide. There were great views going up the slide, up to the summit of Macomb where we enjoyed more views. Then it was on to the summit of South Dix where we paused for lunch and refreshments and to marvel at how far we had come from Macomb and then it was on to East Dix where we enjoyed more spectacular views before heading back to South Dix. It was then down to the campground between Pough and Hough where some left for the summit of Hough while others enjoyed a short siesta at the campground before heading back down Lillian Brook and out to our vehicles. Participants: Susan Hoff Haynes, Jim Lofthouse, Alison Darby, John Whitney, Sheila Joly, Charlie Czech, Lorraine MacKenzie, Trica Lockwood, Bill Carpenter, Melissa Ross, Walter Bassarab, Shawn Neese, Richard Neese, Suzanne Knabe, Jack Whitney.

Dix Mountain, May 24, Jonathan Lane, 4 participants

- What an awesome day! The weather couldn't have been much better, except perhaps a little less wind on top. Trail conditions were good and the views were incredible. We even had the opportunity to help a few "lost" hikers on the way up the "wrong" peak. Participants: Tim Clark, Carolyn Cyr, Seth Dunn, Jonathan Lane.

Phelps Mountain, May 26, Jack Whitney, 6 participants

- With showers forecast for the afternoon we made a hasty exit from the parking lot to Marcy Dam and about a mile later to the junction for Phelps Mountain. It was then a steep climb for a little over a mile to the summit of Phelps. Luckily there was a nice breeze (with no rain yet) on the summit so that we could enjoy the views and nice lunches (thank you, Linda, for sharing your delicious salad with the group). Packing up we could see storm clouds moving in from the North so we hastily descended and made it to the junction just as it started to sprinkle. Walked out the rest of the way in a very light drizzle. Overall a great day in the mountains. Participants: Linda Veraska, Sandy Yellen, John Kilduff, Charlie Czech, Tom Esmond, Jack Whitney.

Tuesday Evening Paddles — Hudson River, May 27, Maureen Coutant, 13 participants

- It was another big turnout on a very blustery day. We rode the waves that the wind blew up from South Glens Falls until the river bent. Then we paddled past Haviland Cove to the beginning of the Feeder Canal. Dreading the trip back against the wind, most of us headed out of the Hudson and into the Feeder Canal to get back across the river from where we started. Thanks to the group that fought the wind and returned to the cars. They then shuttled the drivers from our group back to the cars. Afterward, many from the group warmed up with a bite to eat and something to drink at Jake's. Participants: Joanne Armstrong, Maureen Coutant, Licia and Steve Mackey, Joy Muller McCoola, Jacob McCoola, George Sammons, Alison Saville, Fred and Sandy Songoylo, Marti Tucker, Vicky Warren, Brooke Witham.

Vermont Secret Orchid Photo Hike, June 1, Jean Holcomb and Jack Whitney, 6 participants

- Under rain-threatening skies the group headed to Vermont to seek out a secret location for the purpose of viewing and photographing some beautiful flowers, especially orchids. Bird watching and multiple little red efts were an added attraction. Wild turkeys and partridges were seen along the way and once on the trail, the flowers did not disappoint us — Jack-in-the-pulpits, many ferns, yellow lady's slipper orchids, Canada violets, wild ginger, baneberry, false Solomon's Seal, Herb Robert's and pink alpine azalea were all to be enjoyed on this fine nature walk. Participants: Terry Peek, Pat Desbiens, Ray Bouchard, Ely Fuller, Jean Holcomb, Jack Whitney.



Outing instructions

For more detailed information on Chapter Outings, see the "Glens Falls-Saratoga Chapter Handbook."

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 MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Panera Bread off Exit 19 of the Northway on Route 9 is the usual meeting place for all outings 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 .5 mile 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 the 'regulars' 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.**

*ADK Liability Waiver must be provided by 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.

RATINGS

Hike 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	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

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. — NOT 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!

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 will 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 their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 3 of newsletter)

Program 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 under "Programs" on the Chapter Web page: www.adk-gfs.org

SARATOGA SPRINGS PUBLIC LIBRARY

Henry St., Saratoga Springs, NY 12866, 584-7860

• From NORTHWAY (I-87)

Take Exit 14 onto Route 9P north (UNION AVE). Proceed 1.5 miles, past three traffic lights to a T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. 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 into downtown, up to the main street (BROADWAY). Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. (Parking as described above)

FIRST PRESBYTERIAN CHURCH OF GLENS FALLS

400 Glen St., Glens Falls, NY 12801, 793-2521

• From NORTHWAY (I-87)

Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and make next LEFT onto NOTRE DAME (church is on corner) Park in rear.



Are you moving?

If you are moving, please forward your change of address, including new phone number, to Adirondack Mountain Club, 814 Goggins Road, Lake George, New York 12845.

You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club. Therefore, any change of address need NOT be sent to the Chapter — one form or one call to the Club is all you need.



A MAP OF ...
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Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
P.O. Box 2314 • Glens Falls, New York 12801
www.adk-gfs.org

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