



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

Hikers alerted to muddy trails

By Jim Schneider

New York State Department of Environmental Conservation (DEC) urges hikers of the Adirondack High Peaks to be cautious during trips into the area and to postpone hiking on trails above 3,000 feet until otherwise advised.

During warm and wet spring weather, many trails in higher and steeper portions of the Adirondacks can become hazardous to hikers. In the current muddy conditions, trails and the plants that surround them are also particularly sensitive to human disturbance. Anyone setting out to enjoy the trails of the Adirondacks this spring should use extra caution to protect themselves, the trails and our natural resources. This will help to avoid injury and eliminate the need to perform costly repairs to the trails this summer.

Trails to Avoid

To avoid damaging natural resources and

promote safety, hikers are advised to use trails only at lower elevations during the spring mud season. Lower trails usually are dry soon after snowmelt and are on less erosive soils than the higher peaks. DEC is asking hikers to avoid the following trails until muddy conditions have subsided:

High Peaks Wilderness Area — all trails above 3,000 feet—wet, muddy snow conditions prevail, specifically at: Algonquin; Colden; Feldspar; Gothics; Indian Pass; Lake Arnold Cross-Over; Marcy; Marcy Dam; Lake Colden; Phelps Trail above John Brook Lodge; Range Trail; Skylight; Wright, and all "trail-less" peaks

Dix Mountain Wilderness Area — all trails above Elk Lake and Round Pond

Giant Mountain Wilderness Area — all trails above Giant's Washbowl,"the Cobbles," and Owls Head

Trails to Try

DEC suggests the following alternative trails for hiking, weather permitting:

Debar Mountain Wild Forest — Azure Mountain

Giant Mountain Wilderness — Giant's Washbowl and Roaring Brook Falls

High Peaks Wilderness — Ampersand Mountain; Cascade; Big Slide; Brothers, and Porter from Cascade; avoid all other approaches

Hurricane Primitive Area — The Crows and Hurricane Mountain from Route 9N

McKenzie Mt. Wilderness — Haystack Mountain and McKenzie Mountain

Pharaoh Lake Wilderness Area — Pharaoh Mountain

Saranac Lake Wild Forest — Baker Mountain, Panther Mountain and Scarface Mountain

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.

Board of Directors meeting highlights

By John Schneider

Below are highlights of the March 15 ADK Board of Directors Meeting held at the Lake George Member Service Center. The Chapter's three board members, Barbara Bave, Laura Fiske, and John Schneider attended this meeting.

The Board received the 2007 independent auditor's report from Marvin and Company. The Club ended the year with an operating surplus of \$58,000, due primarily to unfilled staff positions and monitoring of expenses.

All sources total income in 2007 was \$3.322 million, total expenses were \$3.228 million, and net assets were \$1.081 million.

The Club has hired Ted Peltier to replace retiring Bob Rudolph as Finance Director.

The Board approved the formation of a new Binghamton Chapter.

ADK Executive Assistant Virginia Etu encouraged board members to ask chapter leaders to attend this year's ADK New Leader Orientation on May 3 at Club Headquarters in Lake George.

Executive Director Neil Woodworth showed the Board how data from the ADK Forest Preserve Project was used to make presentations to DEC on ADK's recommendations for use of the former Finch Prun land.

The Board received annual reports from a number of different committees of

the Club and heard status reports of the Club's North Country and Lake George facilities.

Neil Woodworth reported that a draft Memorandum of Understanding on the proposed High Peaks Visitor Service Facility to be located on the Club's Heart Lake property is working its way through DEC. He hopes that it will be approved relatively soon.

The Board approved charters for the Finance, Investment, and Audit Committees.

Chapter members with questions or comments on these, or any other items relating to the main Club, may contact any of the three Chapter Board Members.

Environmentally friendly

BY JEAN HOLCOMB

By the time you read this it will be well into spring and all those wonderful early flowers should be enriching our hiking experiences with vibrant colors and delicious aromas. While we all look forward to spring as a time of resurgence and rebirth, I am wondering if this particular spring we might also be thinking about a resurgence of our role as environmentally aware tenants on planet earth.

I would like to offer some of my own recently embarked upon solutions and encourage our readers to suggest some of their own. I'll share any good ones in the next issue.

In the area of reducing my energy footprint I recently purchased three reusable shopping bags at Price Chopper, (cost \$3.00 and you get 3 cents credit per bag each time you use them). It can be hard to develop new habits but I have gotten better at remembering to have at least one bag in the car at all times. Plastic bags are an environmental curse, particularly in poor countries with inadequate garbage removal.

Last summer my battery-powered lawnmower died and I decided to

get an un-powered push mower. They now make light weight ones and with a small, flat plot of grass it works pretty well. I get good

CHAPTER CHAIR Report

*Are you doing
anything to reduce
your energy footprint?*

exercise and make less noise as well as saving energy.

My biggest investment in clean energy has been solar panels for my roof this fall.

National Grid delayed the hookup until mid-November so my

savings so far have been slight but I can't wait for those dog days of summer when instead of being part of the energy problem I will be part of the solution. New York State pays over half the cost of Solar Panels to qualifying households and the energy is connected directly to the grid (eventually) for maximum economic benefit.

These are a few of my ideas for ways to be a better citizen of our planet. If you have some ideas of your own e-mail me at jchhiker@verizon.net or send a letter to my address (Jean Holcomb, Chairman, information at right) and I will select the best to put in my Chapter Chair's report next edition. If you are under 18 please include your age.

Chepontuc Footnotes

Published Bimonthly
Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
P.O. Box 2314 Glens Falls, NY 12801 • www.adk-gfs.org

EXECUTIVE COMMITTEE

Officers:

Chair *Jean Holcomb*

30 Schuyler Drive, Saratoga Springs, NY 12866
Phone: 583-0658 • E-mail: jchhiker@verizon.net

First Vice Chair *Heidi teReile Karkoski*

25 Black Point Road, Ticonderoga, NY 12883
Phone: NA

Second Vice Chair *Maureen Coutant*

22 Pinion Pine Lane., Queensbury, NY 12804
Phone: 745-7834 • E-mail: mojim@roadrunner.com

Secretary *John Caffry*

25 Wing St., Glens Falls, NY 12801
Phone: 798-0624 • E-mail: jcaffry@caffrylawoffice.com

Treasurer *John Schneider*

6 Nonchalant Dr., Saratoga Springs, NY 12866
Phone: 584-8527 • E-mail: jschnei7@nycap.rr.com

Directors

John Schneider

See Treasurer contact information above

Laura Fiske

16 Barber St., Ballston Spa, NY 12020
Phone: 884-0345 • E-mail: lheacox@nycap.rr.com

Barbara Bave

4 Foxglove Way, Ballston Spa, NY 12020
Phone: 885-3604 • E-mail: barbave@gmail.com

Past Chapter Chair *Jim Schneider*

Committee Chairs:

Annual Dinner *Susan Hamlin*

44 Wright Street, Saratoga Springs, NY 12866
Phone: 587-5456

Conservation *Jacki Bave*

14 Round Table Rd., Saratoga Springs, NY 12866
Phone: 587-3754 • E-mail: jackibave@gmail.com

Education *Linda Ranado*

18 Pine Ridge Road, Hadley, NY 12835
E-mail: lrando@hotmail.com

Hospitality *Gretchen Steen*

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: hola@hughes.net

Membership *Pat Desbrien*

16A Rovanten Park, Ballston Lake, NY 12019
Phone: 899-9688 • E-mail: pdesbrien@nycap.rr.com

Newsletter/Editor *Jessica Gottung*

12 Sixth Ave., Apt. 1, Gloversville, NY 12078
Phone: 725-3859 • E-mail: jgottung001@nycap.rr.com

Outings *Jack Whitney*

Phone: 793-9210 • E-mail: jack1758@adelphia.net

Program *Jean Holcomb*

30 Schuyler Dr., Saratoga Springs, NY 12866
Phone: 583-0658 • E-mail: jchhiker@localnet.com

Publicity *Bill Bechtel*

15 Olde Coach Road, Scotia, NY 12302
Phone: 399-1206 • E-mail: williamandkaren@nycap.rr.com

Trails *Tom Ellis*

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: hola@hughes.net

Web site *Eric Freeman*

7 Fairmount Drive, Gansevoort, NY 12831
Phone: 581-9279 • E-mail: adkexp@yahoo.com

Wilderness *Jim Schneider*

30 Elizabeth Lane, Saratoga Springs, NY 12866
Phone: 581-9367

Young Members Group *Jonathan Lane*

15 Adirondack Circle Apt. D, Gansevoort, NY 12831
Phone: 744-4594 • E-mail: saratogahiker@infogorp.com



This photo of Lake George was taken from the Pilot Knob gazebo. Photo by Jack Whitney.

Lend a hand at property workday

Date: Saturday, May 17

Time: 9:00 a.m. to approx. 2:00 p.m.

Join fellow ADKers and friends to spruce up ADK headquarters property off Exit 21 of the Northway.

Every spring, volunteers help ADK by doing a little spring cleaning. The decks get treated, trim is painted, the lawn is raked, and other projects are done to maintain the property. It's fun to meet new people and take part in a community project. You don't have to bring anything other than work gloves — if you have them. Bring a friend along also to make it more fun! Breakfast and lunch (including Jim's famous workday cookies) will be provided!

“Many hands makes light work”

— please check your calendar and see if you can spare the day or part of it!

Call Maureen Coutant for more information and to sign up at 745-7834 or e-mail: mojim@roadrunner.com (If you can come a different day to do a project, let me know.)

Save the date

Annual Dinner October 24 — Mark Your Calendar!

It's not too early to plan a great night out with ADK friends. The Chapter Annual Dinner will be held October 24, 2008 at the Queensbury Hotel in Glens Falls. This just in: Award-winning photographer Carl Heilman will present an all new multimedia Adirondack slide program. Stay tuned for more details in upcoming newsletters.

Education Corner

It was a good year for summer sponsorships. We wound up sponsoring seven, adding John Ward to our list. He'll also be heading to the Teen Trails program. The Audubon Society and the Cold River chapter will be sponsoring three more of our applicants ... with a possibility still for another chapter to sponsor more. We'll try to keep working at refuting the “no child left in the woods” concerns.

Hopefully, we can further our success by getting more parents and kids joining us with the “Hike & Learn” series. We're in the process now of setting up two more opportunities. One will be about pond life as we take a short hike out to a local pond and the other will be about rocks we discover on another area hike. Stay tuned for further details.

As always, if anyone cares to join our committee or volunteer for a youth hike or workshop you can reach me at 696-7265 or Iranado@hotmail.com.

— Linda Ranado, Education Chair



Conservation News

By Jacki Bave

Round Lake Preserve — Saratoga PLAN and the town of Malta have announced the purchase of a 92-acre parcel of land on the undeveloped east side of Round Lake for creation of a Round Lake Preserve. The land will offer formal canoe, kayak and fishing access to Round Lake, hiking and cross-country skiing trails, linkage to the County's Zim Smith Trail, and opportunities for environmental education. The deal protects over 5000 feet of shoreline on Round Lake and along the Anthony Kill. A Native American archaeological site and a heron rookery are located on the property, which was previously farmland owned by the Sweeney family. Saratoga PLAN organized the complex financing with \$50,000 in donations, \$350,000 from the State Environmental Protection Fund, \$340,000 from the town of Malta and \$100,000 from Saratoga County's Farmland and Open Space Protection Fund. Our chapter contributed to PLAN's fund through its donations budget, supporting another local recreational opportunity for our members.

Friends of the Kayaderosseras Organize Tire Clean-up — In keeping with its mission to preserve and protect the creek, this organization has asked for our help in removing tires from the Kayaderosseras and in educating the public about environmentally responsible options for getting rid of old tires. According to Friends of the Kayaderosseras, sixty three chemicals and heavy metals such as zinc, lead, chromium and cadmium can leach from the tires and be released into the water as the tires degrade.

Their suggestions for recycling old tires are:

- Call your trash hauler to see if they will pick up the tires at the curb for an extra charge.
- Bring old tires to Hiram Hollow Transfer Station in Gansevoort (793-1098) or to County Waste Transfer Station, south of Ushers Road in Clifton Park (371-0091). Fee is about \$10.
- Have new tires installed at a garage, where your old tires will be disposed of for a fee.

The group successfully removed 136 tires from the creek last season, and will be organizing a workday again this spring. To help, please call 884-9464 or contact Karen@greenconscience.com.



The sun rises on Raquette Lake. Photo by Jack Whitney.

Calling all photo buffs

New England Camera Club Council (NECCC) Seminar

Friday-Sunday, July 11-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. Please call ASAP for further information and to take advantage of early registration which ends on June 15 or go to the NECCC website at www.neccc.org and click on "2008 Conference Details." There are additional fees for registration after June 15. Carpooling can be arranged if desired.





The view from Haystack Mountain, looking toward Mount Marcy. Photo by Jack Whitney.

WANTED

Chapter Website Manager

Would you like to help maintain our Chapter website? Would you like to help take our site to the next level? If you have experience with HTML and CSS, an eye for detail, and the desire to make our site the best it can be, please contact Jonathan Lane (saratogahiker@infogorp.com) to express your interest and get more details.

New members

GF-S CHAPTER

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

NOVEMBER 2007

- Grant Adkins, Galway
- Laura Appiarus, Spring Lake Heights, New Jersey
- Mark Bethiaune, Austin, Texas
- Patricia & F. Michael Biski, Clifton Park
- Stephen Casavant, South Glens Falls
- James Donnelly, Jacqueline, Martha, Emma & Jackson Simpson, Lake George
- Thomas Folts, Broadalbin
- Marjorie & Barry Ginsberg, Wyckoff, New Jersey
- Eduardo Jahn, Saratoga Springs
- Daniel Larkin, Saratoga Springs
- Amy & Jason Lasky, Malta
- Scott & Elizabeth Linkowski, Charlotte, North Carolina
- Mary Catherine Mullin, Galway
- Virginia Murphy, Ballston Spa
- Bev & Paul Neuhaus, Amsterdam
- Gregory, Jennifer & Adam Roy, Saratoga Springs
- Jane Thielen, Montgomery, Massachusetts

DECEMBER 2007

- Robert & Joan Anderson, Lake George
- Daniel Berggren, Ballston Spa
- William Broderick, Salem
- Colin Coots, LeRoy, New York

- Eliza Davison, Guilford, Connecticut
- Meaghan Flagg, Malta
- George & Marilyn Haviland, Queensbury
- Adam, Ann & Brodie LaNoir, Glens Falls
- Bonnie, Alexander, Alex & Colin MacLean, Queensbury
- Matthew Medler, Scotia
- Jillian Mulder, Glens Falls
- Patrick & Christopher O'Keeffe & Linda Levsha, Castleton
- Lauren, Dorothy, Nicholas & Veronica Perea, Chestertown
- James, Diane & Crystal Pertell, Northville
- Melissa Prout, South Glens Falls
- Maria Rawson, Queensbury
- David & Deenie Ruzow, Waccabuc, New York
- Harold Sperazza & Lynn Blakely, Glenville
- Brian Thompson, Pembroke, New Hampshire
- Rich, Leslie, Alexis & Arik Torkelson, Saratoga Springs
- Eric Wappett, Argyle
- Tim & Mary Ward, Whitehall
- Bonnie Whitman, Glens Falls
- Danielle Woodard, Malta
- John, Amy, Jessica & Nicole Zanghi, Queensbury

January 2008

- John Crist, Cheshire, Connecticut
- Jacob Friers, Glens Falls

- Daniel Gordon & Jollene Montgomery-Gordon, Malta
- David LaCross, Queensbury
- John Martinson & Mary Day, Overland Park, Kansas
- James, Kimberly & Zachary Mitchell, Ballston Spa
- Daniel Monroe, Hudson Falls
- Jessie O'Brien, Saratoga Springs
- Michele & James Orzolek, Galway
- Claire Pugliese, Saratoga Springs
- Melissa Ross, Saratoga Springs
- Paul, Stephanie & Matthew Salway, Ballston Spa
- Mark Sherwood, Lake Luzerne
- Barbara Williams, Fort Edward

FEBRUARY 2008

- Robert Armagno, Hartford
- Dick & Judy Clark, Ballston Lake
- Caren Crotof, Middle Grove
- Dan Forbush & Rita O'Brien, Saratoga Springs
- Steve & Jean Hakim, Ticonderoga
- Andre Lescault, Hadley
- Elizabeth & Karl Parker, Galway
- Alison & Seth Pase & Natalie Simpson, Saratoga Springs
- Lisa Podwirny, Lake Luzerne
- Kirstin, D.J., & Claire Seleen, Glens Falls
- Victoria Warren & Edward Feller, Saratoga Springs
- John & Mary Anne Woodard, Corinth
- Linda & Greg Ysais, Mission Viejo, California



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS and MEETINGS are on inside rear cover. OUTINGS DETAILS and CONTACT INFO: Check the "Outings" section. UPDATES on the WEB: www.adk-gfs.org.

Programs held at 7 p.m. on a THURSDAY of each month (except July and August) and alternate between Glens Falls Presbyterian Church and Saratoga Library. **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Lake George ADK and Saratoga-Wesley Health. **Outings Committee Meetings** held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Lake George ADK and Saratoga (Starbucks or Wesley Health). *YMG = Younger Members Group. *OMG = Older members Group.

May	Outing Type	Destination	Leader/Contact	Rating	
3-5	Fri-Sat	Trail Work	Long Lake Trail Work	Ellis	B
3	Sat	Spring Bird Walk	Peebles Island State Park	Speidel	C
3	Sat	Hike	*YMG/Fire Tower* Lyon Mountain	Lane	B+
3	Sat	Kids Hike	Pilot Knob	Coutant	C/D
3	Sat	Hike	Prospect Mountain	VanDorsten	B+
4	Sun	Hike	Buck Mountain	MacKenzie	B+
7	Wed	Hike	Pilot Knob Lookout	Coutant	C/D
10	Sat	Bushwhack	Black Mountain Ponds Bushwhack	Crammond/Bouder	A
10	Sat	Spring Bird Walk	Wilton Wildlife Preseve & Park	Speidel	C
10	Sat	Hike	*Fire Tower * — Black Mountain	Morse	B+
11	Sun	Hike	Wildflower Hike (Joint Chapter Hike Schen/GFS)	Schottman/Whitney	B
13	Tues	Paddle	Leader's Choice	Coutant	B
14	Wed	Outing Leaders Meeting — ADK Headquarters		Lake George	—
14	Wed	Hike	Coles Woods	Coutant	C
17	Sat	Workday	Adirondack Mountain Club	Countant	—
17	Sat	Hike	Full Mooner Hike, Saratoga Battlefield	Genett	C
17	Sat	Hike	Sleeping Beauty	Prouty	B
17	Sat	Spring Bird Walk	Pack Forest, Warrensburg	Speidel	C
18	Sun	Hike/Photography	**Photography** Hike in the Adirondacks	Whitney	C+
18	Sun	Hike	*Fire Tower* Mount Adams	MacKenzie	B+
18	Sun	Rafting	Hudson River Gorge	Schroeder	B
21	Wed	Hike	*Fire Tower * — Hadley Mountain	Coutant	B
24	Sat	Hike	Dix Mountain	Lane	A+
24	Sat	Hike	Macomb, South Dix & East Dix	Whitney	A+
25	Sun	Hike	Ampersand Mountain	Carpenter	B+
25	Sun	Paddle	Kayaderoseras Creek	Bouder/Holcomb	B
26	Mon	Hike	Phelps Mountain	Whitney	A
27	Tues	Paddle	Leader's Choice	Coutant	B
28	Wed	Hike	Leader's Choice	Coutant	C
31	Sat	Paddle	Garnet Lake	Holcomb/Bouder	B
June					
1	Sun	Hike	**Photography** Vermont Secret Orchid Photo Hike	Holcomb/Whitney	C+
1	Sun	Hike	*Fire Tower* *YMG* — Arab Mountain & the Wild Center	Gottung	C+
4	Wed	Hike	Leader's Choice	Coutant	C



Outings and programs schedule

7	Sat	Hike	Willard Mountain Ski Area	Crammond	C
7-8	Sat	Paddle/Camp	Saranac Lakes	Bouder	A
8	Sun	Hike/Photography	*New Member* Beaver Meadow Falls	Desbiens/Whitney	B-
10	Tues	Paddle	Leader's Choice	Coutant	B
11	Wed	Walk/Hike	Leader's Choice	Coutant	C
14	Sat	Hike	Treadway Mountain	Morse	B
14	Sat	Hike	*YMG* — Avalanche Pass	Lane/Lasky	B+
14-15	Sat/Sun	Paddle/Camp	Lake George	Bouder	A
15	Sun	Hike	Mount Marcy	Whitney	A+
18	Wed	Walk/Hike	Leader's Choice	Coutant	C
21	Sat	Hike	Moreau State Park	Prouty	B
21-22	Sat/Sun	Paddle/Camp	Lake George	Bouder	A
22	Sun	Hike	Redfield & Cliff	Carpenter	A+
24	Tues	Paddle	Leader's Choice	Coutant	B
25	Wed	Walk/Hike	Leader's Choice	Coutant	C
28	Sat	Hike	*Fire Tower* — Blue Mountain	VanDorsten	B+
29	Sun	Hike	Skylight/Gray	Carpenter	A+
29	Sun	Hike	Dippikill	Altman	C+
July					
5	Sat	Hike	Haystack	Carpenter	A+
5	Sat	Hike	Pharaoh Mountain	Morse	B+
6	Sun	Hike	Indian Pass	Aspholm	A
8	Tues	Paddle	Leader's Choice	Coutant	B
11-13	Fri-Sun	Photography	NECCC Camera Seminars — Amherst, Mass.	Whitney	
12	Sat	Hike	Tirrell Pond Bushwack	Crammond	B
12-13	Sat/Sun	Paddle/Canoe	Rainbow Lake	Bouder	A
13	Sun	Hike	Nippletop & Dial	Carpenter	A+
13	Sun	Hike	*Fire Tower* — Goodnow	Gottung	B-
19	Sat	Hike	Mount Marshall	Whitney	A+
19	Sat	Hike	Fifth Pond to Montcalm Point	VanDorsten	B
19	Sat	Hike	*YMG* — Blue Ledges	Lane/Lasky	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	Leaders Choice	Coutant	B
20	Sun	Hike	Giant and Rocky Peak Ridge	Carpenter	A+
26	Sat	Paddle/Hike	Valcor Island	VanDorsten	B
27	Sun	Hike	Whiteface & Esther	Carpenter	A+
August					
2	Sat	Paddle	Henderson Lake	Prouty/Aspholm	B
3	Sun	Hike	Stratton Mountain (Vermont)	Desbiens	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.*

****TO ALL HIKERS: Please note that the high peak hikes were scheduled in March. Not knowing what the conditions will be like in the High Peaks in late May, some outings may have to be cancelled or postponed due to mud season and complying with DEC regulations for the High Peaks area.**

ONGOING

WEDNESDAY OUTINGS

Date: 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 County. 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.

May 7 — Pilot Knob lookout, etc.

May 14 — Coles Woods

May 21 — Hadley Mountain *Fire Tower*

May 28 — Leader's choice

June 4 — Leader's choice

June 11 — Leader's choice

June 18 — Leader's choice

June 25 — Leader's choice

TUESDAY PM PADDLES

Leader's choice Tuesday afternoon or evening paddles. Call or e-mail

Maureen for details 745-7834 or mojom@roadrunner.com

May 13

May 27

June 10

June 24

July 8

July 22

LONG LAKE TRAILWORK

Friday-Sunday, May 3-5

Time: 9:00 a.m.

Rating: B

Tom Ellis 639-6139

We will meet at Long Lake at 9 a.m., Friday and will stay at Kelly's Point. The first day we will cut to Shattuck Clearing. Saturday will be a project day and clearing from Plumbly's to Kelly's. Sunday we will cut out to Long Lake Village. The chapter will furnish meals for 2.5 days. Sign up early because of limited space in boats.

SPRING BIRD WALK — PEBBLES ISLAND STATE PARK

Saturday, May 3

Time: 8:00 a.m., Waterford Harbor Visitor Center

Rating: C

Rich Speidel 623-2587

Pebbles Island offers 138 acres of fields, woods, and solitude amid urban surroundings. Its location at the confluence of the Mohawk and Hudson Rivers provides habitat for a variety of birds. We will walk across the Mohawk on a historic railroad bridge, then circle the island at a leisurely pace. Along with a host of active songbirds, waterfowl are often seen from the cliffs, and a bald eagle or osprey is possible. Please bring binoculars, insect repellent, and good walking shoes. We will record the bird species identified.

The rain date is Sunday, May 4.

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

Saturday, May 3

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratogahiker@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.

***KIDS HIKE* — PILOT KNOB**

Saturday, May 3

Time: TBD

Rating: C/D

Maureen Coutant 745-7834 or mojom@roadrunner.com

Join us on a wildflower hike. Last year around this time we saw many examples. Bring your notebook and crayons. Of course a lunch for on top in the gazebo. Call or e-mail for meeting time and more info.

PROSPECT MOUNTAIN

Saturday May 3rd

Time 9:30 AM

Rating B+

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

Last time to climb before the hordes drive to the top. Most likely a wet hike, so wear good footwear. We can do a side trip if people want to. If you haven't done this hike it is relatively easy, but does have some steep pitches toward the top. The view from the top overlooks Lake George, and the Mountains of Vermont, plus many other peaks to the North. Leader may bring dog.



BUCK MOUNTAIN

Sunday, May 4
Time: 9:00 a.m.
Rating: B+

Lorraine MacKenzie: 656-3645 or lorrainem@safaritelecom.com
This mountain has beautiful views of Lake George and the Narrows from its open rock summit. It's well worth the 2,000 ft. of ascent and 6.6 miles distance. Rain cancels. Call or e-mail leader for details and to sign up

WEDNESDAY MORNING OUTING — PILOT KNOB LOOKOUT

Wednesday, May 7
Time: 9-?
Rating: C/D

Maureen 745-7834 or mojim@roadrunner.com
See beginning of "Outings" section.

BLACK MOUNTAIN PONDS BUSHWHACK

Saturday, May 10
Time: 8:30-9:00 a.m. at Rich's camp (0.6 miles on Ridge Road off Route 28N in Minerva)
Rating: A

Rich Crammond 584-2380 or Jayne Boudier 793-3770
This hike will be approximately 10.5 miles round trip with approximately 900 ft. of elevation change. An inactive railroad track and trestle and two short side hikes are part of this outing.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Saturday, May 10
Time: 7:30 a.m., Camp Saratoga, Scout Road
Rating: C
Rich Speidel 623-2587

May is the best month to hear and see migratory songbirds in our area. Field and forest come alive with a rich variety of songs, and some species dazzle with tropical colors. This will be a leisurely walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we hope to do more stopping and looking and less walking. Please bring binoculars and insect repellent. We will keep track of the bird species identified. The rain date is Sunday, May 11.

FIRE TOWER BLACK MOUNTAIN

Saturday, May 10
Time: 9:00 a.m. at the trailhead
Rating: B+

Bill Morse 518-585-9153 or fishermanpike@yahoo.com
From Putnam Pond trailhead this is 7.8-mile round trip. Elevation gain of 900 feet, nothing very steep. Bring lunch and enjoy the views of the Pharaoh Wilderness Area at the top. Leader may bring dog.

WILDFLOWER HIKE/FIRE TOWER — HADLEY MOUNTAIN

Sunday, May 11
Time: 8:15 a.m.
Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net
This will be a co-chapter hike with the Schenectady ADK chapter. Come meet the legendary Naturalist Ruth Schottman author of "Trailside Notes." She also has written many articles {Trailside Notes} in *Adirondac* magazine. The pace will be slow allowing Ruth to explain and give participants time to take some notes and pictures.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, May 13
Time: TBD
Rating: B

Maureen 745-7834 or mojim@roadrunner.com
See beginning of "Outings" section.

WEDNESDAY MORNING OUTING — COLES WOODS

Wednesday, May 14
Time: 9-?
Rating: C/D

Maureen 745-7834 or mojim@roadrunner.com
See beginning of "Outings" section.

ADIRONDACK MOUNTAIN CLUB — ADK LAKE GEORGE PROPERTY WORKDAY

Saturday, May 17
Time: 9:00 a.m. - approximately 2:00 p.m.

Call Maureen Coutant for more information and to sign up 745-7834 or mojim@roadrunner.com. (If you can come a different day to do a project, let me know)

FINAL SEASON — FULL MOONER HIKE — SARATOGA BATTLEFIELD

Saturday, May 17

Time: Contact leader for details

Aileen Genett 482-9101 (no later than 9:00 p.m., Friday, May. 16) or solice212@yahoo.com

This is a multi-group outing, 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 Saratoga Battlefield. We'll walk 4 miles along the Tour Road to the Nielsen Farmhouse and some trails. Dress appropriately in layers, walking shoes, gloves, layers, w/ h20 and flashlight, etc.



SLEEPING BEAUTY

Saturday, May 17

Rating: B

Time: 8:00 a.m.

Reg Prouty 747-9736

This 7.6-mile loop starts at Dacy Clearing and is a nice, moderate hike to the summit of Sleeping Beauty Mountain overlooking Lake George. Its 2,347 feet summit affords excellent views and the wildflowers should be out at this time of year. There will be 1,038 feet of ascent at a moderate pace with a relaxing lunch on top.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 17

Time: 8:00 a.m., Pack Forest (3/4 mile north of Routes 9 & 28)

Rating: C

Rich Speidel 623-2587

This will be a leisurely walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will visit the towering Grandmothers Tree, a 175-foot tall white pine some 315 years old. Please bring binoculars and insect repellent. We hope to exceed the 35 bird species identified last year. The rain date is Sunday, May 18.

PHOTOGRAPHY HIKE IN THE ADIRONDACKS

Sunday, May 18

Time: 7:00 a.m.

Rating: C+

Jack Whitney 793-9210 or jack1758@adelphia.net

We will explore the area around Upper Works — perhaps walk north to Henderson Lake and then a little farther up the trail toward Duck Hole. Hope for an overcast day to facilitate getting some good photographs of wildflowers and nature scenery. Pace will be relaxed.

***FIRE TOWER* — MOUNT ADAMS**

Sunday, May 18

Time 8:00 a.m.

Rating: B+

Lorraine MacKenzie 656-3645 or lorraine@safaritelecom.com

This hike starts with an iron suspension bridge over the Hudson and on to a floating plank wood boardwalk over Lake Jimmy. The climb to the top is 1,800 feet in 1.6 miles — a lot of up for a short distance! The beautiful views of the High Peaks make it all worthwhile. Rain cancels. Call or e-mail leader for details and to sign up.

HUDSON RIVER GORGE WHITEWATER RAFTING TRIP

Sunday, May 18

Time: 8:30 a.m., Wild Waters Outdoor Center (1123 Route 28, The Glen, Warrensburg, NY)

Rating: B

John Schroeder 798-4734

The Hudson River Gorge offers 16 miles of spectacular whitewater and beautiful scenery. This full-day, class III-IV whitewater trip, should provide our group with plenty of adventure. Wild Waters has offered our group a very enticing rate of \$60 per person. This price includes all safety equipment, wetsuits, booties, lunch on the river, transportation, and a New York State licensed guide on each raft. An optional dinner can be added to the trip for an additional \$7.50, which I would recommend, as it offers a nice chance to mingle after the trip. The date of our trip should provide us with the best of both worlds; early enough in the season for good water levels, but not so early that the cold weather and cold water make it difficult to stay warm. Minimum age is 12 years old. Please call Wild Waters directly at 1-800-867-2335 to book your trip, and be sure to mention that you are with John Schroeder's ADK group rafting on Sunday, May 18.

WEDNESDAY MORNING OUTING — HADLEY MOUNTAIN

Wednesday, May 21

Time: 9-?

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

***YMG* — DIX MOUNTAIN**

Saturday, May 24

Time: 6:30 a.m.

Rating: A+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone who is young at heart. This 6th highest Adirondack peak offers some spectacular views and shouldn't be missed. We will ascend over the Beckhorn and complete a loop via Hunters Pass. Pace will be moderate with plenty of time for photos. Round trip distance is about 14 miles. Please note: Just Dix — we will not be doing Hough on this hike. Rain will cancel. **See note regarding mud season.

MACOMB, SOUTH DIX & EAST DIX, HOUGH

Saturday, May 24

Time: 6:00 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@adelphia.net

Join me for my second annual Dix Range hike. A great slide climb up Macomb with a short walk over to South Dix and then East Dix. Retracing our steps, it will be on to the final mountain of the day, Hough. We will be on herd paths all day — a long but rewarding day.

** See note regarding mud season.



AMPERSAND MOUNTAIN

Sunday, May 25

Time: 7:00 a.m.

Rating: B+

Bill Carpenter 793-5506 or pcarp@verizon.net

Getting ready for the High Peaks? This hike is for you. From the top, gaze into the bold face of the Seward Range, and then, to the distant High Peaks. On turning, one sees the Saranac Lake country. Round trip is approximately 5 hours, 5.4 miles round trip with 1,775 feet of elevation change.

KAYADEROSSERAS CREEK PADDLE

Sunday, May 25

Time: 7:00 a.m. (location to be decided)

Rating: B

Jean Holcomb 583-0658 or jchhiker@verizon.net

Jayne Boudier 793-3770

As I write this in January, who knows what the river will be like in May. I plan to run it before the trip. There are some different possibilities. We could put in at Kelly Park in Ballston Spa or the Spa Park access off North Line Road and go as far as Saratoga Lake or cut over to Lake Lonely and take out there, or put in at Saratoga Lake and do a trip there and back, so 2 or 3 hours of paddling depending. The good news is that this is a Saratoga County river so no big drive to get there. Kayaks or small canoes would be easiest as there could be walkover situations.

PHELPS MOUNTAIN

Monday, May 26 (Memorial Day)

Time: 7:00 a.m.

Rating: A

Jack Whitney 793-9210 or jack@adelphia.net

This is a good beginner High Peak hike (round trip distance of 9 miles with 1,982 ft. of elevation gain). We will hike from the HPIC (High Peaks Information Center — near Heart Lake) into Marcy Dam, a very scenic area. On a nice day you will be rewarded with nice views toward Mount Colden and Mount Marcy. ** See note regarding mud season.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, May 27

Time: 9-?

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING OUTING — LEADER'S CHOICE

Wednesday, May 28

Time: 9-?

Rating: C/D

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

GARNET LAKE CANOE

Saturday, May 31

Time: 10:00 a.m.

Rating: B

Jayne Boudier 793-3770

Jean Holcomb 583-0658 or jchhiker@verizon.net

This small lake near Crane Mountain has a leisurely afternoon's worth of paddling around its undeveloped southern end, with nice places to explore and land. We are hoping pink orchids are blooming for Jean on the floating bog like islands. Jayne is going to stay and camp, and anyone else is welcome. We could paddle around in the morning mist, hike up to Lixard Pond, or do Mount Blue in the morning cool. We have a spare canoe.

VERMONT SECRET ORCHID PHOTO HIKE

Sunday, June 1

Time: 8:00 a.m.

Rating: C+

Jean Holcomb 583-0658 or jchhiker@verizon.net

Jack Whitney 793-9210 or jack1758@adelphia.net

Half the fun of this hike is taking Jack's back roads way to Vermont. Many twists and turns so our secret location should stay secret, perhaps even from us. This is a short hike on a dirt road (maybe 2 miles round trip), but the road is steep so you need to be in good health to do it. The pace will be sloooow as Jack will be taking pictures and I will be bird watching and identifying wildflowers. We should be home by midafternoon if we don't get lost. Also, hike gets a lot faster if we encounter black flies or thunderstorms.

YMG/FIRE TOWER — ARAB MOUNTAIN AND THE WILD CENTER MUSEUM

Sunday, June 1

Time: 7:00 a.m. (at the Fulton County Visitors Center, located at the intersection of routes 30 and 29 in Vail Mills — there is a park and ride)

Rating: C+

Jessica Gottung 725-3859 by 8 p.m. May 30

Mount Arab is a short hike, about two miles round trip, with a moderate climb to the top. Views from the fire tower are nice, especially of the more immediate surrounding areas. We will leave the Fulton County Visitors Center at 7 a.m. and make it to the trail by about 10 a.m. We will hike up and have an early lunch (if you prefer to wait there is a café in the museum). After the hike we will visit the Wild Center Museum in Tupper Lake. We will plan to leave by 5 p.m. — bring something to eat or eat in the café. This will be a long day due to the drive (about 6 hours total). I expect to be back at the cars around 8 p.m. if all goes well. Visit the Wild Center's web site at www.wildcenter.org. The cost for admission is \$15 adults, \$9 kids (3-14 years old), \$13 seniors (65+). RAIN DATE: Saturday, June 7.



WEDNESDAY MORNING OUTING — LEADER'S CHOICE

Wednesday, June 4

Time: 9-?

Rating: C/D

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WILLARD MOUNTAIN SKI AREA

Saturday, June 7

Time: 10 a.m. at WMSA parking lot

Rating: C

Rich Crammond 584-2380

This will be a fairly steep and fairly short hike. Approximately 1.5 miles round trip. Great views of the Hudson River valley on a clear day.

SARANAC LAKES CANOE AND CAMP

Saturday-Sunday, June 7-8

Time: 12:00 p.m.

Rating: A

Jayne Boudier 793-3770

We'll set up at Veller Pond with a little time to spare on Saturday. Then we've got all day Sunday! Put in on Middle Saranac Lake, take out at First Pond Campground Headquarters. This trip includes a small, hand-operated lock, an excellent lunch spot, and lots of islands to explore. Thirteen miles, moderate to leisurely pace, with lots of stops.

NEW MEMBER HIKE — PHOTOGRAPHY HIKE WATERFALL HIKE TO BEAVER MEADOW FALLS

Sunday, June 8

Time: 7:30 a.m.

Rating: B-

Pat Desbiens 899-9688; cell (after 5:30 p.m. Fridays) 316-1244; pdesbien@nycap.rr.com

Jack Whitney 793-9210 or jack1758@adelphia.net

All are welcome on this hike — you do not have to be a new member to join in the fun! The pace will be slower with plenty of opportunities to take photographs. Round trip distance will be about 6-7 miles with minimal elevation gain. We have the option of walking up Lake Road at St. Huberts or taking the West River Trail up to one of the most beautiful and most photographed waterfalls in the Adirondacks. Children are welcome on this hike as long as they can do a walk of this distance. Dogs are not allowed in this area of the Adirondacks. Rain will cancel.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, June 10

Time: 9-?

Rating: B

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING OUTING — LEADER'S CHOICE

Wednesday, June 11

Time: 9-?

Rating: C/D

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

TREADWAY MOUNTAIN

Saturday, June 14

Time: 9:00 a.m. at the trailhead

Rating: B

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

From the trailhead we will loop around the mountain and climb to the top from Lake George side. Total distance is just over 7 miles with an elevation gain of 1,046 feet. Bring lunch and enjoy the views of Lake George on the climb and on top. Leader may bring dog.

YMG — AVALANCHE PASS

Saturday, June 14

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratogahiker@infogorp.com and Jason Lasky

This hike is said to be one of the most spectacular hikes in all of the Adirondacks, so we will take our time and enjoy it! "Hitch-up Matildas" here we come! Round trip distance is about 10 miles without much elevation gain. Rain will cancel.

LAKE GEORGE 28-HOUR CANOE AND CAMP

Saturday-Sunday, June 14-15

Time: 2:00 p.m.

Rating: A

Jayne Boudier 793-3770

This is the best time of year to beat the rush for nice island sites in the narrows. And the late meeting time gives us most of Saturday to catch up on odd jobs. Kayaks are recommended. Put in from Shelving Rock Road (1/8-mile carry) or Huletts Landing (parking fee), most sites can be reached within a few miles. After setting up camp, we'll have Saturday evening and half of Sunday to take a leisurely look around. Points of interest could include Montcalm Point, Paradise Bay, French Point, Black Mountain Point, Five Mile Point, and Deer Leap. 12 miles or less of travel. Call leader for details (or with suggestions).

MOUNT MARCY

Sunday, June 15

Time: 5:30 a.m.

Rating: A+

Jack Whitney 793-9210 or jack@adelphia.net

Pat Desbiens 899-9688 or pdesbien@nycap.rr.com

Join us for a climb of the highest mountain in New York State. There are great 360-degree views to be had from the summit. Carry winter gloves and hat in your pack — it could still be cold near the top. The alpine flowers should be just beginning to bloom, however. Round trip distance is about 15 miles with gradual elevation gain.



WEDNESDAY MORNING OUTING — LEADER'S CHOICE

Wednesday, June 18

Time: 9-?

Rating: C/D

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

MOREAU LAKE STATE PARK

Saturday, June 21

Time: 8:00 a.m.

Rating: B-

Reg Prouty 518-747-9736

This will be a 5-6 mile hike to several overlooks on the Spier Falls side of Moreau Lake State Park. There will be a few hundred feet of ascent and the pace will be moderate but there will be ample time for lunch at the last lookout.

LAKE GEORGE 28-HOUR CANOE AND CAMP

Saturday-Sunday, June 21-22

Time: 2:00 p.m.

Rating: A

Jayne Boudier 793-3770

This is the best time of year to beat the rush for nice island sites in the narrows. And the late meeting time gives most of Saturday to catch up on odd jobs. Kayaks are recommended. Put in from Shelving Rock Road (1/8-mile carry) or Hulets Landing (parking fee), most sites can be reached within a few miles. After setting up camp, we'll have Saturday evening and half of Sunday to take a leisurely look around. Points of interest could include Montcalm Point, Paradise Bay, French Point, Black Mountain Point, Five Mile Point, and Deer Leap. 12 miles or less of travel. Call leader for details (or with suggestions).

REDFIELD/CLIFF

Sunday, June 22

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Redfield is #15 and Cliff #44 in order of height of the 46 High Peaks. Going in from HPIC, this will be a long day if we do both — approximately 18 miles with a lot of elevation gain.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, June 24

Time: 9-?

Rating: B

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING OUTING — LEADER'S CHOICE

Wednesday, June 25

Time: 9-?

Rating: C/D

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

FIRE TOWER — BLUE MOUNTAIN

Saturday, June 28

Time: 9:00 a.m. (Bolton Beans Coffee Shop in Bolton Landing)

Rating: B+

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

This hike is about 4 miles round trip. There are some steep pitches, but once on top there is a fire tower that can be climbed providing views of many High Peaks and surrounding lakes. The trailhead is located next to the Adirondack Museum, and for those who wish, a visit is optional. Leader may bring dog.

SKYLIGHT/GRAY

Sunday, June 29

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Skylight is #4 and Gray #7 in order of height of the 46 High Peaks. This will be approximately an 18-mile day with a lot of elevation gain going in from the HPIC.

DIPPIKILL

Sunday, June 29

Time: 10:00 a.m., McDonald's of Warrensburg Route 9 at Exit 23 off I-87.

Rating: C+

Allen Altman (800) 396-0276 or pipetteparts@aol.com

I'm an out-of-town Chapter member and invite other Chapter members to my annual Dippikill Hike. Dippikill is ten miles from Warrensburg and is owned by the Student Association of the University of Albany (SUNY). We'll hike the beautiful "Ridge Trail" to the twin summits of Dippikill Mountain (elevation: 1,582') which offers spectacular views of the Hudson River and surrounding mountains. After the hike you may spend the rest of the day at the Dippikill Pond swimming, canoeing (canoes provided by the Student Association are already at the pond) and enjoying the almost-untouched ecology. Approximately 3.5-4 miles with some short uphill easy climbs.

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.



PHARAOH MOUNTAIN

Saturday, July 5

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.

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 mojim@roadrunner.com

See beginning of "Outings" section.

TIRRELL POND BUSHWACK AND TRAIL

Saturday, July 12

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

Saturday-Sunday, July 12-13

Time: 12:00 p.m.

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 AND 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/FIRE TOWER — GOODNOW MOUNTAIN

Sunday, July 13

Time: 7:30 a.m., Fulton County Visitors Center Park and Ride (corner of Route 29 and 30, Vail Mills)

Rating: B-

Jessica Gottung 725-3859

This is a short hike to a popular fire tower that offers beautiful views for miles and miles. We will take advantage of the self-guided nature walk and check out each station on the interpretive pamphlet. If the group is up for it we can also check out the Visitors Center in Newcomb.

MOUNT MARSHALL

Saturday, July 19

Time: 6:15

Rating: A+

Lorraine MacKenzie 656-3645 lorraine@safaritelecom.com

Jack Whitney 793-9210 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 is 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 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) and 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.



OSGOOD POND CANOE AND CAMP

Saturday-Sunday, July 19-20

Time: 12:00 p.m.

Rating: A

Jayne Boudier 793-3770

Two little ponds with two narrow channels, two outstanding examples of natural communities, two outlets (Osgood and Jones ponds), two 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.

COOK MOUNTAIN AND 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.

GIANT AND 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).

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 AND 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.

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.

STRATTON MOUNTAIN (VERMONT)

Sunday, August 3

Time: 7:00 a.m.

Rating: B+

Pat Desbiens 899-9688, cell (after 5:30 p.m. Fridays) 316-1244; pdesbien@nycap.rr.com

This is a 7.6-mile round trip with about 1,700 ft. of elevation gain to a summit with a fire tower with sweeping 360-degree views. We will climb this mountain via the Long Trail with our starting point outside of Arlington, Vermont. Pace will be slow to moderate. Rain will cancel.



Thomas Mountain, December 30, Pat Desbiens and Jack Whitney, 11 participants

- This was an introduction to snowshoeing hike. We lucked out and had snow in the Lake George area and a nice warm winter day to go out and play. It was the first time on snowshoes for some of the participants so we started off by reminding everyone to walk with a little wider stance than normal and demonstrating how to get up if you fell down. We had an opportunity to break trail so the cabin at the top was a welcome sight on which to sit on the porch, enjoy the views, talk a little bit about what should be carried in a winter pack and energize ourselves with food in preparation for the walk out. Participants: Emily Litwin, Margie Litwin, Melissa Ross, Matt Kruczynicki, Shirley LaPlante, Paul Klippel, Sandy Yellen, Ann Mundy, John Whitney, Jack Whitney and Pat Desbiens.

Avalanche Pass, January 27, Steve and Licia Mackey, 3 participants

- We had a couple of other skiers that almost went, but they wanted to go a little earlier, so we met at Avalanche Pass, in the afternoon. It was very good skiing and we all made it down the big downhill unscathed. The last few times I have been to Marcy Dam I haven't seen any Chickadees (I heard that one of the Rangers was discouraging hikers from feeding them) but this time they almost landed on our heads, so we gave them a piece of a granola bar. I almost had three on my hand at once. On the leg out from the big downhill to Marcy Dam, you glide for almost a mile, almost without any kicking or poling, it is the best. Participants: Bill Herrmann, Steve Mackey, Licia Mackey.

Crane Mountain, January 27, Jack Whitney, 19 participants

- For the first 4 or 5 people going up or down there was light fluffy snow to walk through; for the remaining 14 or 15 people it was icy on the steep pitches. With a few helping hands at a couple of critical spots everyone managed to make the loop trip without incident. The sun managed to come out for brief periods while on the summit rewarding the group with great views. Congratulations to everyone for making this a most enjoyable day under strenuous conditions. Participants: Dan Monroe, Paul Klippel, Shirley LaPlante, Bill Carpenter, Pat McPhee, Jason Lasky, Melissa Ross, Margie Litwin, Lisa Podwirny, Pat Desbiens, Trisa Lockwood, Eric Kimmelman, Ray Boucher, Kathy Quoi, Colin Buckhurst, Liz Koulos, Stephanie Daniels, Michael Ferro, Jack Whitney.

Pharaoh Lake Ski, February 2, Jim Schneider, 4 participants

- The rain of the previous day caused minor consternation, but a supporting frozen crust on top of the snow base sharpened our resolve to ski. It's surprising sometimes how little snow is really needed to kick and glide. The skiing was fast and one would not want to get too crazy on the downhill runs. We toured most of the lake, exploring frozen bays and various lean-tos. The much-hoped-for sunshine never appeared, nonetheless, we had a fine day of skiing. Participants: Bruce Allard, Bill Bechtel, Steve Mackey, Jim Schneider.

Black Mountain, February 3, Jack Whitney, 23 participants

- Twenty-three people made their way to the summit with overcast skies and then, just as we summited, the sun came out, the skies were bright blue and we had fantastic views of Lake George and the surrounding peaks. It was mild enough to sit and enjoy lunch on the summit and then just as we were leaving, the skies became overcast again as we made our way down to the ponds on this loop trip. A great day in the outdoors with a wonderful group of people. Participants: Jean Holcomb, Kathy Quoi, Pat McPhee, Melissa Ross, Margie Litwin, Lisa Podwirny, Bill Carpenter, Sandy Yellen, Jason Lasky, Amy Lasky, Brenda Arley, Dan Monroe, Tricia Lakewood, Colin Bruckhurst, Jonathan Lane, Pat Desbiens, Kim Ciraulo, Joe Spain, Ray Bouchard, Sterling Salter, Heide teRiele-Karkoski, Jack Whitney.

Hadley Mountain, February 9, Jonathan Lane, 6 participants

- The peak was totally socked in, but we still had a great time. Decent weather and great company — no complaints from me! Perhaps next time we'll get a view, though. Participants: Jonathan Lane, Jason Lasky, Patricia Lockwood, Dan Monroe, Jessie O'Brien.

Snowshoeing Moreau, February 10, Bill Schwarz, 9 participants

- We couldn't be sure if Spier Falls Road was sufficiently cleared after Saturday's icy precipitation, so we started at the state park's main entrance, and climbed to the overlook above Moreau Lake. Even the morning snowfall — about 3 inches — added to the scenery and we were rewarded with nice views east during our rest stop. We had some trying moments, since we experienced new snow over ice and rocks during the steepest climbs and descents, but that was part of the challenge. Participants: Ray Bouchard, Bill Carpenter, Antonia Dauer, Tom Noonan, Wayne Ouder Kirk, Bill Schwarz, Charlotte Smith, Bonnie Whitman, Jack Whitney.

Rooster Comb Mountain, February 17, Jack Whitney, 6 participants

- The day started off with a great breakfast at the Noonmark Restaurant in Keene Valley. We left the restaurant and were greeted with cold temperatures and lots of wind at the trailhead. It actually was warmer and less windy on the summit. The trail was broken out until about a half-mile before the summit where it became slow going but with our good group, all summited. A good day was had by all. Participants: John Buckhurst, Pat Desbiens, Daniel Monroe, Kathy Quoi, Bonnie Whitman, Jack Whitney.



Santanoni Great Camp Ski, February 23, Ray Bouchard, 5 participants

- The original backcountry ski trip from Blue Mountain to Lake Durant had to be cancelled due to the lack of sufficient fresh snow, so we switched to a much safer location with an additional twist. We made a group decision to start at the VIC Center in Newcomb and ski the recently cut 2-mile trail from there to the carriage road. It was great in theory and the 3"-5" of new snow made it doable but we were equipped with long, skinny skis suitable for the road, not a narrow, hilly hiking trail laced with several nasty dips and turns. I think we all fell at least once and several of us went down more than that. On the bright side, the day turned out to be gorgeous so in spite of our bruises everyone had a good time. No one was looking forward to skiing the last two miles to the VIC center on the way back so we were very appreciative when Steve volunteered to make the trip and fetch the van for us. I don't know how he managed to navigate those long steep descents on the hiking trail without breaking his neck but he did and he pulled into the parking lot just as we arrived. The man is incredible. Participants: Ray Bouchard, Jim Dickson, Mark Janey, Licia and Steve Mackey.

Heart, Bear, and Rock Ponds, February 24, Reg Prouty and Bob Aspholm, 19 participants

- A large group of snowshoers arrived at the Putnam Pond State Campsites parking area on a beautiful midwinter morning to visit several very pretty but small ponds in the Pharaoh Lake Wilderness Area near Ticonderoga. Breaking trail was not too difficult especially at first because it had been done earlier in the winter. We took a short break at each pond and several more artistically endowed in the group traced out a figure denoting the name of each pond on its ice. I think the bear was the best of the group. We had lunch at Bear Pond on the beach in the warm sunshine. Then some of the group had extra fun glissading down a small hill near the trail. Arriving at Rock Pond we visited the old slag tower and Bob and Jayne investigated the interior of the iron mine cave where the red stained water stream was. Upon returning most of us had a nice hot meal at the Wagon Wheel Restaurant in Ticonderoga. It was the largest hiking group we had ever seen meeting after a hike for a meal. All in all, it was a satisfying ending to a great day of snowshoeing with a friendly hiking crew. Thanks to all for making it successful and taking turns breaking trail. Participants: Reg Prouty, Bob Aspholm, Jayne Boudier, Dan Monroe, Jeff Sullivan, Mark Greenberg, Bill Carpenter, Lisa Podwirny, Michael Brockbank, Melissa Ross, Pat Desbiens, Margie Litwin, Jack Whitney, Tricia Lakwood, Jason Lasky, Amy Lasky, Jonathan Lane, Bill Morse, Marsha LaPont.

Snowshoeing Spruce Mountain, March 1, Jessica Gottung, 8 participants

- Needless to say we had more than enough snow for this event! Thankfully, we had several very fit people willing to take turns to breakout this trail — many thanks to them, your efforts were very appreciated. Aside from exercise and nice scenery along the trail, this trip doesn't offer much in the way of views. A few floors have been removed from the fire tower and it appears to be condemned. Regardless, we all had a great time. Participants: Jessica Gottung, Tricia Lakewood, Jonathan Lane, Jason Lasky, Dan Monroe, Reg Prouty, Kristen and Melissa Ross.

Cascade and Porter Mountains, March 2, Jack Whitney, 14 participants

- Fourteen of us left the trailhead under chilly conditions but were soon sufficiently warmed. There were great views from the overlook just before the summit and then clear skies and spectacular views (although extremely windy) on the summit. It was then back down to the junction and on to Porter before heading back to the trailhead. Congratulations to all but especially to Melissa and Margie — they are now High Peak two-ers! Participants: Ray Bouchard, Ray Boucher, Bill Carpenter, Pat Desbiens, Tom Esmond, Dan Forbush, Jonathan Lane, Jason Lasky, Margie Litwin, Tricia Lockwood, Dan Monroe, Kathy Quoi, Melissa Ross, Jack Whitney.

Colvin & Blake, March 2, Jean Holcomb, 6 participants

- This turned out to be a real goldilocks day. Not too hot, not too cold, snow just right and a trail broken by two young men who hiked in an hour ahead of us. Winter really opens up the views which were spectacular on both sides once we got over 3,000 ft. With everything going just right and a strong motivated group we had no trouble summiting both mountains by 2 p.m. and were out by dark, a ten-and-a-half-hour trek. This is not to say that it wasn't difficult. There were many second thoughts as we gasped and scabbled our way up the final very steep pitch to Blake, knowing we had to go back just as steeply over to Colvin. We were rewarded with some good butt slides and a stunning view of sunset on Giant Peak coming out. Super day! Participants: Jean Holcomb, Jayne Boudier, Shirley LePlant, Paul Klippel, George Baranauskas, Nancy Hayhurst, Diana Lavery.

Have you
checked out
our Web site lately?

If you haven't been to see us on the Web lately,
you're missing out.

www.adk-gfs.org



Winter Camping — No Experience Necessary, March 8, Ron Lester, 5 participants

- With pouring rain and 33 degree temps, we voted to go anyway (leader was not smiling). The rain let up long enough for the 20-minute hike to Stewart's Ledge. The sounds of the forest were comforting ... falling trees and cracking branches. As we stomped out tent sites the rain started again and we all got wet. Leader supervised two on how to set up a tent in the rain while one brave soul set up his hammock under a tarp. Meanwhile, over yonder, the lady (1 gal, 4 guys — what odds) tries to remember how to set up her tent. She is offered help but just can't seem to remember how those dang poles go. Finally, all is constructed and the 5 of us pile into the 3-man tent for dinner. Leader offers to cook and almost starts tent on fire. We learn that yellow snow does not make good soup. The after dinner "story hour" is memorable to say the least, with all contributing. Cool breezes blow throughout the night, supplemented with occasional winds that threaten to relocate the tents to a safer spot away from the thunder and falling trees. As dawn breaks and freezing rain stops, we again pile into the BIG tent for breakfast. The leader has a few difficult moments trying to multi-task with 3 stoves and multiple water requests. Everyone gets the same amount no matter what's on the menu! Camp break down is so quick that leader forgets to put on his pants and hikes out in his long johns, telling us that it's OK because he sometimes goes to Stewart's that way. A great time was had by all! Participants: Michael Brockbank, Greg Furlong, Melody Hoffmann, Dave Kocian, Ron Lester.

Owls Head Mountain, March 15, Jonathan Lane, 4 participants

- Clouds, clouds, and more clouds. Not a view was to be had. But, we still had a good time! Participants: Colin Buckhurst, Jonathan Lane, Patricia Lockwood, Dan Monroe.

Moreau Lake Overlook, March 23, Bob Aspholm, 8 participants

- We had a fantastic day on the Overlook; the winter snow was packed down to ice and crunchy snow and most of us employed crampons or ice stabilizers. We easily made it around the lake and up the steep trail to the overlook. Great views were had and we lingered a short while before heading down and back around the lake on this short but great small hike. Participants: Bob Aspholm, Cathy Corrigan, Bruce Cushing, David Ganj, Margaret Litwin, Kris Ross, Melissa Ross, Tatiana.



A group photo taken on Peaked Mountain Pond. Thirteen people and one stray dog participated. Attending the hike: Daniel Monroe, Michelle Pollock, Molly Noonan, Cathy Corrigan, Paul Salway, Rich Salz, Moik Salz, Melissa Ross, Alan Gee, Margie Litwin, Liz Gee, Sydney Van Dorsten and Neal Van Dorsten.

Peaked Mountain, March 29, Neal VanDorsten, 13 participants

- We were expecting a nice spring hike to Peaked Mountain on the 29th, but a late snowstorm turned our hike into one more winter excursion. The hike turned out to be a little more difficult because of all the blowdown, the conditions, and the difficulty in finding the trail. However, in the end it was a beautiful day, and we all had a great hike. We spotted an otter, a grouse and a mink. On the way back, we hiked back across Thirteenth Lake. We had a great turnout with 13 total participants and one stray dog. Attending the hike: Daniel Monroe, Michelle Pollock, Molly Noonan, Cathy Corrigan, Paul Salway, Rich Salz, Moik Salz, Melissa Ross, Alan Gee, Margie Litwin, Liz Gee, Sydney Van Dorsten and Neal Van Dorsten.

Cook Mountain, March 30, Jack Whitney, 8 participants

- Under sunny, no clouds in the blue sky, this early Spring hike got underway late morning with enthusiastic hikers. A leisurely pace got us to the summit where we spent an hour relaxing, enjoying the views and good conversation. A beautiful big buck joined us briefly on the summit — what a treat. This is one of those mountains where you get a lot of "bang for your buck." Participants: Cathy Corrigan, Bruce Cushing, Rich Myette, Bonnie Whitman, Pat Desbiens, Kathy Quoi, Sandy Yellen, 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 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+	5-10	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	Up to 5	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)

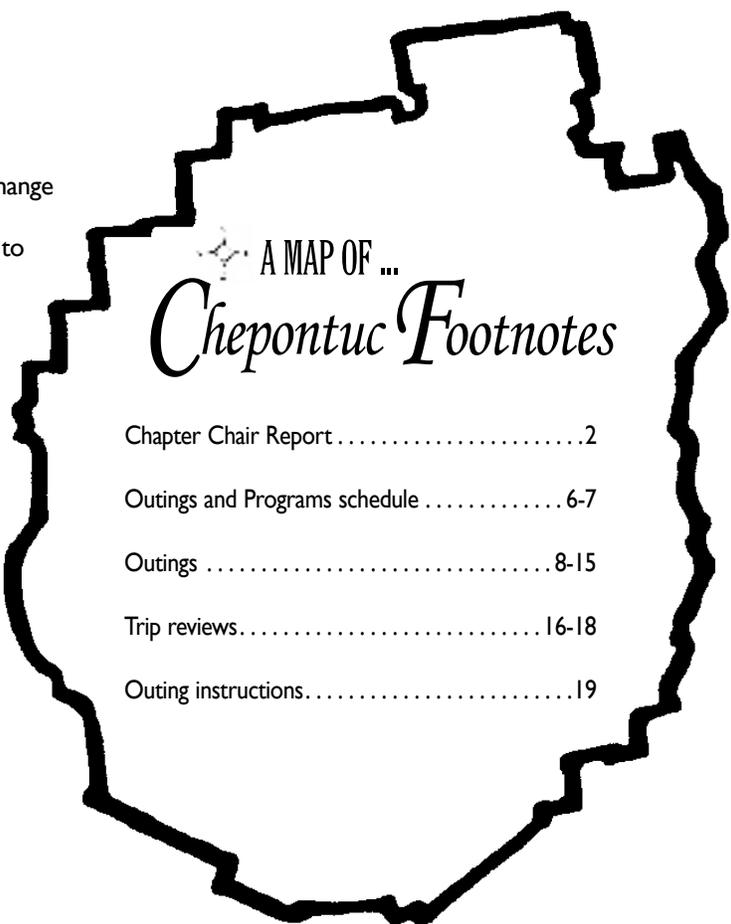
Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and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

Chapter Chair Report	2
Outings and Programs schedule	6-7
Outings	8-15
Trip reviews	16-18
Outing instructions	19



Chepontuc Footnotes

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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT #76
SARATOGA SPRINGS, NY
12866