



# 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

## Rafting the Grand Canyon

Come view one of the world's most exciting adventure trips — rafting the Grand Canyon of the Colorado River. Dan D'Angelico took a nine-day trip in 2005 and John Schneider took a 15-day trip in 2006. John's trip started at the last road access area before the Canyon, at historic Lee's Ferry, and ended at the next road access area, 225 river miles downstream. Dan's rafting trip started after hiking more than five miles down to Phantom Ranch at the bottom of the Canyon.

Dan and John will relate their adventures as their trips take you deeper and deeper into the Canyon and consequently, farther and farther back in geological time. The rocks at the rim are about 270 million years old, and the rocks at the bottom of the Canyon are more than 2,000 million years old.

You will view what it is like to raft through some of the grandest river rapids in the United States. You will also enjoy the quiet float times as the scenery unfolds before you at every bend of the river. You will see signs of human habitation, from native settlements and granaries to more recent remainders of human activities in the Canyon.

Come explore many side canyons with their streams, waterfalls and spring wildflowers. You will see waterfalls spew forth from solid rock cliffs and animals in their environment. All of this is surrounded by the grandeur of the multi-colored walls of the Grand Canyon of the Colorado River.

This is a program you will not want to miss.

### Program

'RAFTING THE GRAND CANYON'

WHEN: 7 P.M.  
JANUARY 17, 2008

WHAT: TALK,  
SLIDE SHOW WITH  
DAN D'ANGELICO  
AND JOHN SCHNEIDER

WHERE:  
SARATOGA SPRINGS  
PUBLIC LIBRARY  
COMMUNITY ROOM

## Kretser's Siberia trip focus of program

This program was scheduled for last February 15 but due to the Valentine's Day Blizzard we had to cancel. Our first weather cancellation in several years! We are looking for better weather this November 15 and hope all the disappointed folks who showed up last February can join us this time.

Jen Kretser is the education director of the Adirondack Mountain Club with an office at the ADK Loj at Heart Lake. With her expertise on land management issues she is often involved with community outreach programs which help inform and educate on the principles of "leave no trace" land use.

Two summers ago Kretser and Adirondack botany steward Julia Goren joined two other Americans, Karen Boldis, a professor of ecotourism at Paul Smith's College and project director Susan Cutting to travel to the Altai Republic, a mountainous region of Russia in southern Siberia bordering Mongolia. The group spent the majority of the trip in the shadow of Mt. Belukha, the highest mountain in Siberia at 15,000 ft. This area attracts tourists from all over the world who marvel at the incredible scenery and challenging treks.

Jen and her colleagues had the difficult but rewarding job of training

park managers, new to the business, in the principles of "leave no trace" land use and interpretive visitor's education. The trip was funded by the Alti Project and private grants.

Staff members from the Altai Park and related non-governmental organizations have traveled to the United States for the past two summers to study the way its parks are managed. They settled on the Adirondacks as a model because it has sustained a balance between preserving and utilizing the land's resources.

Although the mission of the trip was sustainable wilderness management, Kretser and Goren were fortunate enough to have the opportunity to experience a culture very different from that of upstate New York. The indigenous people of the region were found to have a deeply religious connection to the park territories. One of the valleys visited is believed by local inhabitants to be the birthplace of the world while other sacred locales include petroglyphs and standing stones. Kretser will present a lecture and slide show of her journey at the First Presbyterian Church of Glens Falls at 7:30 p.m. on Thursday, November 15, 2007. The program is free and open to the public.

### Program

'GOING TO SIBERIA'

WHEN: 7:30 P.M.  
NOVEMBER 15

WHAT: TALK,  
SLIDE SHOW WITH  
JEN KRETSER

WHERE:  
FIRST PRESBYTERIAN CHURCH  
OF GLEN FALLS

# Newsletter editor wanted

BY JIM SCHNEIDER

Well, this is my last chapter chair report, at least for now. What was to be a one year stand-in, turned into a full two-year term. Our chapter is in good shape. Our membership continues to grow. Our committees are active. We have so many dedicated and hard working volunteer officers and committee members. Without them the quality of our ADK experience would be seriously diminished. Thank you to all for making my job as chapter chair easier.

has always been member directed and you will be part of that direction. Think about it.

And speaking of involvement ... your chapter is looking for a newsletter editor. This is a very important position gets your newsletter to your mailbox. The newsletter is our most important chapter communication tool. To be the editor you should have some basic word processing skills, you know, like cut/copy/paste, basic file management. If you have a computer, you're probably doing all that stuff anyway. You should be able to write well and be able to spot errors in grammar to prepare submissions for publication. It's good work. Contact me at 581-9367 and I'll give you the details.

## CHAPTER CHAIR Report

*Volunteering doesn't have to take a lot of your time. You will meet interesting people and be able to personally make a difference.*

# Chepontuc Footnotes

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

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#### *Laura Fiske*

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See Director contact information above

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#### Web site *Eric Freeman*

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

#### Wilderness *vacant*

#### Young Members Group *Jonathan Lane*

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

In August, under the leadership of Barb Bave, we ended our Hike & Learn series with a map and compass bushwhack in the woods encircling the Dacy Clearing area. Participants took turns leading the way as they honed their orienteering skills while also learning about the flora and fauna about them. Next year we're hoping to continue this program with hikes focusing on geology and pond life.

As noted last month, we have begun our annual search for new applicants (for our Summer 2008) to sponsor for weeklong stays at DEC Camp Colby and Pack Forest and for the four- and five-day high school project camperships as part of ADK's Teen Trails program. In each case, our Glens Falls-Saratoga Chapter will continue to sponsor interested youth by paying the \$250 cost of attendance. Here's a repeat of last month's notice with the hope that I will be hearing from interested youth real soon! If you have any problem downloading the forms or need further information, please feel free to contact me either through the e-mail address or telephone number given below.

**Camp Colby**, on the western shore of Lake Colby outside Saranac Lake, is for youth from 12 to 14 years old. Past participants enjoyed the "discovery groups that worked together in lessons and group activities throughout the whole week that promoted teamwork and understanding of the environment about us" as well as a variety of activities from "day-long canoe trips" to hunter safety lessons, fishing or archery. Games such as "Oh Deer" (teaching about deer habitat) and "Bat Eats Moth" added to the overall appreciation of nature along with loon sightings, bug and plant identification and salamander and butterfly catching.

**DEC's Pack Forest** program hones individual and group skills

for 15 to 17 year olds who participate in activities which focus on environmental concerns such as forestry, aquatic biology, wildlife management and field ecology. Hiking, camping, canoeing, yoga meditation, swimming, fishing, baking and tie-dyeing are among the many options to experience. One past participant noted how he "learned to tell the difference between a male and a female frog" while another enjoyed the overnight "Eco-Challenge" and, yet another, the campfire songs and skits. Each year participants in both DEC programs have complimented the "home cooking" and the humor and expertise of the counselors. Feedback also emphasized the fun of making many new friends from different places as they all shared in a fun learning environment.

The **Teen Trails Program** run by ADK offers interested teens from 14 to 17 the opportunity to participate in projects which are "inherently educational and include not only trail maintenance and reconstruction techniques, but also low-impact camping and natural history" with the chance to "ultimately, complete a quality trail project that will protect the natural resources for years." Experienced leadership, group camping gear, tools and food are provided as "crew" members learn such skills as how to install water bars, harvest trees with a crosscut saw and axe and/or to move boulders with a steel bar. Past participants noted the "hard, but rewarding work," the helpful leadership and the good times with new people. You can't be afraid to get dirty and exert some energy for this one!

Application forms for all of these sponsorships may be downloaded from our chapter website and, when completed (including essay), sent to: Linda Ranado, 18 Pine Ridge Road, Hadley, New York 12835

Applications must be received by **January 7**. If you have any questions, you may call me at 696-7265 or e-mail me at [lranado@hotmail.com](mailto:lranado@hotmail.com).

— Linda Ranado, Education Chair

## Wilderness First Aid class being offered

Take Wilderness First Aid and enjoy sleeping in your own bed. This course will be offered locally in Menands, New York. On Saturday and Sunday December 8 and 9, 2007, the Adirondack Mountain Club Winter Mountaineering School is offering a Certified Wilderness First Aid Course taught by Wilderness Medical Associates (WMA).

WMA has offered courses in Wilderness First Aid since 1981. This 16-hour course covers topics including

patient assessment, fractures, hypothermia, hyperthermia and heat illness, fractures, dislocations, and backcountry medicine. Classroom lectures and discussions are supplemented by practical work and problem-solving exercises. WMA instructors have extensive outdoor experience, and have been selected for their expertise in emergency medicine, as well as their teaching skills.

The fee for this course is \$185 and includes field guides and certifica-

tion fees. Participants will earn a First Aid certification card upon successful completion of this course. This card is accepted by NYS if you are seeking to become a New York State licensed guide.

Wilderness Medical Associates has a web site at [www.wildmed.com](http://www.wildmed.com). For additional information, and to reserve a spot in the class call Carl at (518) 274-8410. Class size will be limited to 20 students.



# ADK board meeting highlights

ADK Board of Directors meetings are open to all members. The next meeting will be December 1, 2007, at ADK Headquarters in Lake George.

## **President's Report: Curt Miller**

North Country Facilities hosted near-record numbers of visitors and guests. Customer satisfaction at the Loj was high, but the campground is in need of spending for improvement, particularly for toilet facilities.

We are under budget so far this year due to unfilled staff positions, but we are short in revenues as membership and product sales are down.

Two supreme court victories and three bills signed by the governor so far this year indicate the importance of our advocacy program. Neil and his staff have been doing a great job.

Former Trails Committee Chair, Jane Neale passed away this past summer due to lung cancer. Jane was a very active ADK member and there was discussion of a memorial trail in her honor, possibly around Heart Lake.

## **Executive Director's Report: Neil Woodworth**

Work has begun on the 2008 ADK budget.

ADK had a good legislative season. ADK joined the Nature Conservancy in leadership to lobby for the passage of the EPF Enhancement Act. It passed in both houses. The state legislature also passed legislation to give the Zoar Valley Gorge in Western New York the same "forever wild" protection as the Adirondack and Catskill regions have. ADK is very involved in opposing a large at BelAir. ADK favors scaling the proposed development way down.

The Sept./Oct. issue of *Adirondac* will focus on the Catskills, and the Nov./Dec. issue will be about back country skiing and winter mountaineering.

The Heart Lake Property Master Plan and ADK/DEC Visitor Service Facility continues to progress. Neil, Tom Andrews and Region 5 Director Betsy Lowe reached agreement on most issues and are now assembling a package of state, federal and private financing.

## **Operations Manager's Report: John Million**

The Education Department with Jen Kretser as Director had a successful season with school programs, a summer lecture series, summer naturalist programs, the nature museum and

workshops. The Altai Assistance Project has received funding and invited Jen back to Siberia in the spring of 2008.

National Trails Day was a success with more than 120 volunteers attending. The Professional Trail Crew finished several projects in the Adirondacks and the Catskills. Five summit stewards provided full-time coverage on Mount Marcy and Algonquin during the summer.

A stretch of the Adirondack Loj road was repaved in late summer.

## **Staff, Chair and Officer Changes:**

Deb Zack has returned to ADK as Membership and Development Director. John Kettlewell has been rehired as Publications Director.

Stan Hall is the new Development Chair. Al Mapes is the new Education Chair.

Jonathan Mogelever will be leaving his grant writing position to pursue other career opportunities. Marilyn Gillespie will be resigning as secretary.

## **Forest Preserve Project Presentation: Stu Mesinger**

Stu gave a presentation on a very impressive Global Information System. The GIS does maps which can give all kinds of information about a particular area. It can do models which show such things as altitude, endangered species, wetlands, ownership, use, rivers, trails and much more. This system can be used to analyze data to decide what lands New York State should try to acquire. There are many other applications too.

## **Action Items:**

Archives and Library Committee Charter was passed. The committee will provide a resource of achievements, ideas and policies and will make accessible important records, exhibits and historical archives to ADK members, staff and the public for research and reference purposes.

A banking resolution to update authorized signers for ADK banking processes and financial institutions was also passed.

The BoD approved a budget amendment to hire a Public Relations person who will publicize work that the individual chapters do as well as what the club does.

— Submitted by Barbara Bave



# Hunting season begins

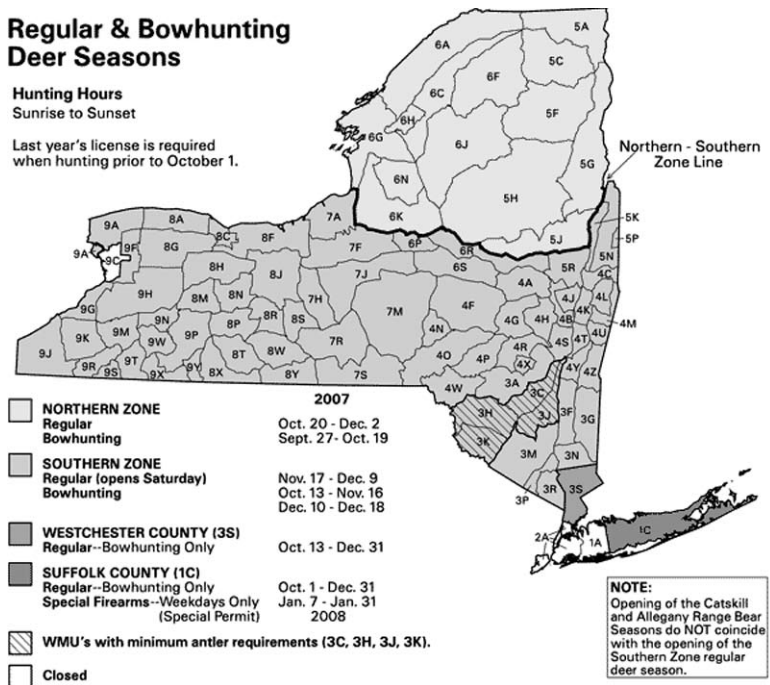
Be careful out there.

The map illustrates only deer hunting information. While deer hunters pose the greatest danger to hikers, please remember that there are several other legal hunting seasons in progress at this time. Go to [www.dec.ny.gov/outdoor/hunting.html](http://www.dec.ny.gov/outdoor/hunting.html) for information.

## Regular & Bowhunting Deer Seasons

**Hunting Hours**  
Sunrise to Sunset

Last year's license is required when hunting prior to October 1.



Source: <http://www.dec.ny.gov/outdoor/28605.html> (retrieved October 8, 2007)

## Conservation News

**Belleayre Resort Proposal Modified** — After a 7-year legal battle over the Belleayre Resort Proposal, an agreement has been reached to significantly scale back the proposed development. On September 5, Governor Spitzer announced the agreement between the project sponsor, New York State, New York City and environmental groups which included the Adirondack Mountain Club and the New York-New Jersey Trail Conference. The project site is in the Catskill Forest Preserve, and the new agreement includes environmental safeguards to protect the views from Catskill High Peaks. For further details about the Belleayre agreement, visit [www.ADK.org](http://www.ADK.org), and go to conservation issues.

**Invasive Algae Spreads to Battenkill River** — The aquatic algae *Didymosphenia Germinata*, also known as didymo or rock snot, has been found in the Battenkill and Connecticut

Rivers. It can bloom in thick masses, threatening aquatic insects and fish by smothering food sources. It forms a brown growth on rocks, and spreads easily to other waters on fishing gear, clothing and boats. The states of Vermont and New Hampshire have embarked on an informational campaign to educate the public on how to prevent the spread of the algae. The bulletin posted by the Vermont Agency of Natural Resources recommends that people observe the following precautions after leaving waters known to contain these algae:

**Check** — Remove all visible clumps of algae and plant material from fishing gear, waders, clothing, water shoes and sandals, canoes and kayaks, and anything else that has been in the water.

**Clean** — Using hot tap water and lots of soap, scrub boats and other hard items thoroughly. Soak clothes, felt-soled waders and other soft items for 30 minutes.

Visit [www.anr.state.vt.us/dec](http://www.anr.state.vt.us/dec) or [www.des.state.nh.us/wmb/exoticspecies](http://www.des.state.nh.us/wmb/exoticspecies) for

more information.

### DEC Issues Moose Alert

— New York State's Department of Environmental Conservation has issued a press release warning motorists to be alert for moose during the fall, which is a peak time for moose activity due to the breeding season. DEC estimates New York's Adirondack region has a moose population of about 500. They are most active at dawn and dusk. To prevent moose-vehicle collisions, DEC recommends using caution when driving at these times. Slow down when approaching moose standing near the roadside, because they may bolt suddenly. Also, remember that moose typically travel in pairs or small groups. If you do have a collision with a moose, remember that you need a permit to remove the animal. For more information, visit DEC's website at [www.dec.ny.gov](http://www.dec.ny.gov).

— *Jacki Bave, Conservation Chair*



# ADK Winter Mountaineering School



Are you a three-season hiker who's tired of watching your gear gather dust for five months out of the year? The Winter Mountaineering School may be just what you're looking for. Our dedicated, all-volunteer group of instructors have been helping hikers enjoy the mountains in winter for over 50 snow and ice filled years. This year's program will be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more. Come join the fun!

**Weekend Day Hikes:** Jan. 4-7; \$310.00

**Weekend Backpacking:** Jan. 4-7; \$275.00

**Combo Section (Day Hikes & 3-night Backpack):** Jan. 4-10; \$375.00

**[www.winterschool.org](http://www.winterschool.org)**

or call 518-523-3441



## GF-S Chapter Winter Weekend at Heart Lake

The Chapter's 2008 Winter Weekend at the Wiezel Trails Cabin at Heart Lake will be held during the Martin Luther King Weekend from Friday, January 18 to Monday, January 21, 2008.

From the Cabin we will be able to cross-country ski and snowshoe into many areas of the High Peaks. This is a good opportunity to for those of you who may be 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 Loj property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfast and dinners are included in the price. The Wiezel Trails cabin, with electricity, a kitchen, and showers, sleeps 16 persons in four four-person bunk rooms.

The rate for the weekend should be no more than \$100 per person, if all 16 spaces are filled.

If we do not get an appropriate number of attendees, we will need to cancel our reservation at least 60 days (October 18) before our arrival date. Do not wait until the last minute to make your reservations.

To reserve your spot, send your deposit of \$100 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, NY 12866. Call 518-584-8527 for more details. Reservations are on a first come-first serve basis. If we fill all 16 spots, we will maintain a short waiting list.

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Support businesses  
that support  
**ADK**



# New members

## GF-S CHAPTER

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

### JULY

- Kathleen Auriemma, Ballston Lake
- David and Leslie Barnes, Queensbury
- Louis Cabana, Glens Falls
- Paul Connors, Hudson Falls
- Brian Crouth, Saratoga Springs
- Scott DeGaro, Clifton Park
- Jason and Suzanne Finn, Gansevoort
- Jeffrey and Cheryl Grizzaffi, Clifton Park
- Marcia Kidney, Corinth
- Christy and Daniel Lill, Clifton Park
- Thomas Mott, Franklyn Square, New York
- Derek Pederson, Lake George
- David Plagenza, Ballston Spa
- Jill, Michael and Adam Rubinstein, Ballston Spa
- Stephen Sardina, Gloversville
- Scott and Chris Schoener, Sewell, New Jersey
- Michael, Sharon, Cassandra, Matthew and Michael Varney, Queensbury

### AUGUST

- Michael Allen and Sue Whitten, Malta
- Heather Anderson, Glens Falls
- Bonnie Andretta, Kattskill Bay
- Adam Arquette, Whitehall
- Kathy, Tim, Casey and Michael Bechard, Queensbury
- Nanette, Doug and Benjamin Blanchard, Diamond Point

- Philip Bordwell and Erika Schreiner, Malta
- Rose, Tony and Megan Bosi, Silver Bay
- Frank and Joanne Budzenski, Mechanicville
- David Cann, Queensbury
- Charles Carafiello, Borthville, New York
- David Colomb, Lake George
- Michael, Lisa and Timothy Cruz, Queensbury
- Thomas Eld, McMurray, Pennsylvania
- Kelly, Nakil, Zaki and Tarik Eldib, Lake George
- Robert Flick, Ballston Spa
- Pat and Michael Francese, Poughkeepsie
- Larry Grodin, Amawalk, New York
- Tim, Gina, Aaron, Austin and Emma Huneck, Rexford
- Jo, Dwight, Ivan, Aidan, Ethan and Owen James, Queensbury
- Gretchen and Tom Jewell, Gloversville
- Joe Keating, San Marroos, California
- Nick Laiacona, Charlottesville, Virginia
- Michael Lamb, Greenfield
- Norman Letendre, Bolton Landing
- Earl Mikoloski, Bolton Landing
- Michael and Elaine Moecker, Bolton Landing
- Diana Pacetta-Ullmann and Thomas Ullmann, New Haven, Connecticut
- Tom Pisciotta, Randolph, New Jersey
- Andrew Potts, Porter Corners
- Scott Roberts, Glens Falls
- Stephen Rodriguez, Saratoga Springs
- Robin Sacks, Mechanicville
- Donald Shea, Corinth
- Laura Smith, Lake Luzerne
- Robert Swan, Queensbury
- Glen and Kathy Watson, Queensbury

## HELP WANTED

Your chapter is looking for a newsletter editor. The chapter newsletter is our main communication pipeline keeping our members informed. The newsletter editor col-

lects and organizes all submissions and prepares it for layout by Lehman Graphic Arts. If you are interested in getting involved with your chapter, call Jim Schneider 581-9367.

## Bear-proof canisters available for rent

8.8" dia. X 12" long, weight 2.7 lbs. Designed to slip into camper's backpack; holds approximately 6 person-days of food.

These bear-proof canisters are now required in the Eastern High Peaks Zone. Additionally, they are always important to use on any backcountry overnight adventure to any backpacking or canoe camping destination. No more bear bag follies and they're also pesky pine marten-proof!

### **Rental Rates:**

**1-3 days \$5.00**

**4-7 days \$10.00**

Please call Jim Schneider, 581-9367 to reserve your rental canister or for more information. Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.

## Chapter rents snowshoes

Snowshoes are at ADK Member Services in Lake George. Call 668-4447 for reservations and hours.

### **Chapter Members:**

Iversons: \$7.00 per weekend;  
\$5.00 per weekday  
Sherpas: \$15.00 per weekend;  
\$10.00 per weekday

### **Non-Members:**

Iversons: \$10.00 per weekend;  
\$7.00 per weekday  
Sherpas: \$20.00 per weekend;  
\$12.00 per weekday

## Members invited to upcoming meetings

All members are warmly welcome to all your Chapter Executive Committee meetings. Following is the schedule of future meetings:

- **November 7** — Glens Falls National Bank Community Room
- **December 5** — Wesley Health Center, Saratoga Springs
- **January 2** — Glens Falls National Bank Community Room



# Outings and programs schedule

DIRECTIONS — Check the inside rear cover. DETAILS & CONTACT INFORMATION — 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 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) and alternate between Glens Falls National Bank Community Room and Saratoga-Wesley. **Outings Committee Meetings** held the 3rd/4th WEDNESDAY, alternating between Glens Falls National Bank Community Room and Saratoga Starbucks (Broadway). \*\*YMG = Younger Members Group. \*\*OMG = Older members Group.

November		Outing Type	Destination	Leader/Contact	Rating
4	SUN	Hike	McNaughton	Holcomb/Bouder	A
4	SUN	Hike	Noonmark/Round Mountains	VanDorsten	A-
6	TUE	Paddle	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
7	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
7	WED	Meeting	<b>Executive Committee Meeting</b>	<b>Schneider</b>	—
10	SAT	Hike	*YMG* ADIRONDACK QUEST — Hoffman Notch Trail	Lane	B
11	SUN	Hike	“Hundred Highest” — Avalanche Mountain	Carpenter/Whitney	A
12	MON	Hike	VETERANS DAY — Lower Wolf Jaw via Bennie’s Brook Slide	McLean	A
13	TUE	Paddle	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
14	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
15	THU	PROGRAM	<b>ADK Goes to Siberia</b>	<b>Holcomb</b>	
17	SAT	Hike	Pilot Knob	Suarez/Prouty	B+
18	SUN	Hike	McKenzie and Moose Mountains	Bouder	A
18	SUN	Hike	Holmes Lake thru Irving Pond	Gottung	B
21	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
22	THU	Hike	Saratoga Battlefield Turkey Trot #9	Crammond	C+
24	SAT	Hike	Deer Leap	Gottung	C+
25	SUN	Hike	“Hundred Highest” — Pitchoff	Whitney/Bouder	A-
28	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
28	WED	Meeting	<b>Outings Leaders Meeting — SARATOGA Starbucks</b>	<b>Schwankert</b>	—
<b>December</b>					
1	SAT	Hike	Mostly Uphill or Mostly Downhill	Andrews	A-, B-
2	SUN	Hike	More of Moreau	Schwarz	B+
5	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
5	WED	Meeting	<b>Executive Committee Meeting</b>	<b>Schneider</b>	—
8	SAT	Hike	Oxshoe Pond	Bouder/Prouty	B
9	SUN	Hike	Giant Rocky Peak Ridge Traverse	Andrews	A++
12	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
15	SAT	Hike	Fifth Peak — Tongue Mountain	VanDorsten/Prouty	B
16	SUN	Hike	Jug, Little Far, Old Far	Andrews	A
19	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
22	SAT	Hike	*YMG* FIRE TOWER CHALLENGE — Goodnow Mountain	Lane	B-
22	SAT	Hike	Nippletop and Dial	Lester	A+
22	SAT	Hike	Camp Saratoga	Crammond	C+
23	SUN	Hike	Cat and Thomas Mountains	VanDorsten	C
23	SUN	Hike	“Winter High Peak” — Dix, Hough, S. Dix and E. Dix	Carpenter/Whitney	A+
25	TUES		** CHRISTMAS **		
26	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
29	SAT	Hike	Prospect	VanDorsten	B-
30	SUN	Hike	Winter High Peak	Lombard	A+
30	SUN	Hike	Erebus Mountain	Aspholm/Bouder	A-
30	SUN	Hike	*New Member* — Beginner Snowshow — Thomas Mountain	Desbiens/Whitney	C+
30	SUN	Hike/SShoe	*Fire Tower* — Kane Mountain + Stewart and Indian lakes	Gottung	B-
<b>January</b>					
1	TUES	Hike	** NEW YEARS DAY ** — Buck Mountain from Pilot Knob	Aspholm/Prouty	B+
2	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
5	SAT	Hike	Algonquin, Iroquois and Wright	McCullough	A+
6	SUN	XC Ski	LEADER’S CHOICE XC SKI	Schwarz	B
6	SUN	Hike	West Hale Bushwhack	Bouder	A+
9	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
12	SAT	Hike	Tongue Mountain Loop	Andrews	A
13	SUN	Hike	Haystack and Basin	McLean	A+
16	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
17	THU	PROGRAM	<b>Grand Canyon</b>	<b>Holcomb</b>	
18-21	THURS-MON		Chapter WINTER Weekend	Schneider, John	—
19	SAT	Hike	“Winter High Peak” — Skylight and Grey	Carpenter	A+
20	SUN				
23	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D
26	SAT	Hike	Stillwater Locks	Crammond	C
26	SAT	Hike	Giant and Rocky Peak Ridge	McCullough	A+
27	SUN	XC Ski	Avalanche Pass	Mackey	B+
30	WED	Walk or Hike	Glens Falls Area Morning Walk or Hike	Coutant	C/D





**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.*

## MACNAUGHTON

Sunday, November 4

Time 6:00 a.m.

Rating A+

Jean Holcomb 583-0658, Jayne Boudier 793-3770

MacNaughton Mountain is over 4,000 feet but somehow didn't make the cut when the 46 were being identified. A case of poor surveying back in the day! Should be climbed by anyone who calls himself/herself a 46er. I don't know why Jayne and I decided to do this in November but the bottom line is, this is a peak bagger special not a nice day in the woods. Coming in from Upper Works there is about six miles round trip of marked road on the Duck Hole trail and the rest is pure bushwhack which could be anything from difficult and exhausting to really awful depending on the latest blow-down situation and weather conditions. Probably 3,000-foot elevation gain and another 4 or 5 miles in and out depending on how much zigging and zagging we do. Only the fit and determined need apply.

## NOONMARK MOUNTAIN

Sunday, November 4

Time: 9:00 a.m. (call leader for meeting location)

Rating: A-

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

We will hike this beautiful mountain and maybe Round Mountain. The views from the top are spectacular. This is a great hike with some steep pitches on the way up and two small ladders to negotiate. If we do only Noonmark the distance is approximately 5 miles, if we include Round, add another 3 miles or so.

## WARREN/SARATOGA COUNTY PADDLES

Tuesday evening, November 6

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojim@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flatwater somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

## REMINDER TO ALL OUTINGS PARTICIPANTS:

- No pets are allowed on outings except where designated in the outing description.
- Meeting location will be at Panera Bread, I-87 exit 19. See directions at the end of this newsletter.

## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, November 7

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## \*YMG\* — ADIRONDACK QUEST — HOFFMAN NOTCH TRAIL

Saturday, November 10

Time: 7:30 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 who is young at heart. I've heard that this is a beautiful area, so let's check it out for ourselves! We will spot cars on one end of the trail and hike about 7 miles end-to-end. The pace will be moderate and elevation gain is minimal. And if there happens to be enough snow, have your snowshoes with you. Rain will cancel.

## \* ADK 100 HIGHEST\* — AVALANCHE MOUNTAIN

Sunday, November 11

Time: 6:30 a.m.

Rating: A

Bill Carpenter 793-5506 or pcarp@verizon.net

Jack Whitney 793-9210 or jack1758@adelphia.net

This mountain is located in the valley between Algonquin and Mount Colden. It is #63 of the Adirondack 100 Highest. Be prepared for winter conditions in this area. Some great views can be had on the summit by searching around. Approximate distance from Adirondack Loj is just a little over 8 miles. Round trip time 6-7 hours.



## **LOWER WOLF JAW VIA BENNIE'S BROOK SLIDE**

Monday, November 12 (Veteran's Day)

Time: 7:00 a.m. at TRAILHEAD!

Rating: A

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

We will leave the garden at 7:00 a.m. and make our way over and up the South Side trail to Bennies Brook, where an established herd path takes us to the slide. The slide is a combination of rock and loose dirt/debris in which we should easily be able to make our way up. Below freezing temperatures may dictate the use of full crampons. We will hit the trail near the top of the slide and then make our way up the final bump to the top. Return via the Wolf Jaws Trail. Estimate 8 or so miles of hiking.

## **WARREN/SARATOGA COUNTY PADDLES**

Tuesday evenings, November 13

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojim@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flat water somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

## **GLENS FALLS AREA WEDNESDAY MORNING WALK**

Wednesday, November 14

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## **PILOT KNOB**

Saturday, November 17

Time: 8:00 a.m.

Rating: B+

Fran Suarez 587-8612 or Reg Prouty 747-9736

This 5-mile (approximately) round trip will be on the Butternut Brook trail. Then we will have about 1 3/4 miles of climbing off the trail to the summit of Pilot Knob. If we are lucky we may be able to scoot down over some of the ledges and find the airplane crash site.

## **MCKENZIE AND MOOSE**

Sunday, November 18

Time: 5:30 a.m.

Rating: A

Jayne Boudier 793-3770

These two rule northwest of Lake Placid, and have 360-degrees worth of excellent views between them. Approximately 13 miles, 3,000 feet of ascent, at as moderate a pace as possible. A side trip to Loch Bonnie is likely.

## **HOLMES LAKE**

Sunday, November 18

Time: TBD

Rating: B

Jessica Gottung (725-3859) until Friday 8 pm

Call leader for details.

## **GLENS FALLS AREA WEDNESDAY MORNING WALK**

Wednesday, November 21

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## **SARATOGA BATTLEFIELD TURKEY TROT #9**

Thursday, November 22

Time: 8:00 a.m., Visitors Parking Lot off Route 32N

Rating: C+

Rich Crammond 584-2380

Let's work up that old holiday hunger again this year. Wildlife viewing along the way. Distance is around 5 miles. Bring your binoculars. Dress for the weather. No dogs please. Happy Thanksgiving!

## **DEER LEAP**

Saturday November 24

Time: 8:00 am

Rating: C+

Jessica Gottung (725-3859) until Friday 8 pm

Work off some of that turkey on this short and popular hike. From trailhead we will hike 1.1 miles and 1,100 feet of elevation to the summit. Opportunities to go a little further if the group decides. Be advised leader may bring her dog on this hike.

## **\* ADK 100 HIGHEST\* — PITCHOFF MOUNTAIN**

Sunday, November 25

Time: 7:00 a.m.

Rating: A-

Jane Boudier 793 - 3770

Jack Whitney 793-9210 jack1758@adelphia.net

This is #80 of the Adirondack 100 Highest. We will do a loop trip, first climbing steeply in some areas up to the balanced rock on the south summit. We will then continue on across the ridge taking in some great views ending on Route 73, 2.7 miles from where we started. Total hiking distance of 5.2 miles.



## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, November 28

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## MOSTLY UPHILL OR MOSTLY DOWNHILL

Saturday, December 1

Time: 6:30 a.m.

Rating A- and B-

Neal Andrews 899-5500 or wantlocks@aol.com

This is a first for the ADK GF-S Chapter. The Cooper Kiln Pond trail in Wilmington will be hiked as a key swap. If the A- group starts in Wilmington the hike is 80% UPHILL. If the B- hike starts at the other trail head at the Whiteface highway it will be 80% DOWNHILL. We will start early because of the drive time to get to this hike. We will swap keys somewhere in the middle of the hike and then meet after the hike to sort out cars. There is a 1/5-mile bushwhack to Morgan Mountain which is one of the 100 highest as well as scenic C. K. Pond with a lean-to. Hopefully the two groups will be evenly matched in numbers so when contacting please specify if you are an UPHILL or a DOWNHILL!

## MORE OF MOREAU

Sunday, December 2

Time: 8:00 a.m.

Rating: B+

Bill Schwarz 793-2781, or bschwarz@nycap.rr.com

We'll traverse both ridges of the new western section of Moreau Lake State Park. This will be a most-of-the-day hike, and expect views of the lake on one side, and the Hudson River (near Spier Falls Dam) on the other. Trip length is nine or ten miles, with many elevation changes, so come prepared! Rain will cancel, and trip size is limited; carpooling may be necessary.

## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, December 5

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## OXSHOE POND-HIKE OR SNOWSHOE

Saturday, December 8

Time: 7:00 a.m.

Rating: B

Jayne Boudier-793-3770 or Reg Prouty 747-9736

This beautiful little pond is east of Crane Pond just off the Glidden Marsh trail around Pharaoh Lake. There is a lean-to and some beautiful ledges. Round trip will be 7.2 miles. Ascent is only minimal from the Glidden Marsh trail. If there is snow it will be a snowshoe trip or just a hike if no snow. Pace will be relaxed to moderate.

## GIANT-ROCKY PEAK RIDGE TRAVERSE

Sunday December 9

Time: 4:30 a.m.

Rating A++

Neal Andrews 899-5500 or wantlocks@aol.com

This hike will start on Route 9N and we will go via Owls Head, Giant and then Rocky Peak descending to New Russia and spotted cars. Brisk pace will be the order of the day. Expect fantastic views. Headlamps a must and appropriate footwear.

## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, December 12

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## FIFTH PEAK — TONGUE MOUNTAIN

Saturday, December 15

Time: 9:00 a.m. Clay Meadow trailhead or 8:15 at Bolton Beans in Bolton Landing

Rating: B

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

Reg Prouty 747-9736

This is a 5-mile round trip and provides great views of Lake George as well as some nice woods and streams on the way up. At the top there is the Fifth Peak Lean-To (maintained by your ADK Glens Falls-Saratoga chapter and Neal Andrews), and a good place for a lunch break. This hike is fairly easy, but there is quite a bit of uphill. Allow 3 to 4 hours depending on top time. Leader may bring dog.

## JUG, LITTLE FAR, OLD FAR

Sunday December 16

Time: 7:30 a.m.

Rating: A

Neal Andrews 899-5500 or wantlocks@aol.com

It has been awhile since I have led this favorite hike. Leaving West Mill Brook we will climb these mountains in order. Luckily there is very little downhill between them so it is really like 2 false peaks on the way to Old Far. Rocky tops and good views are some of the highlights of this hike. All bushwhacking.



# Outings

## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, December 19

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## \*YMG\* — \*FIRETOWER CHALLENGE\* — GOODNOW MOUNTAIN

Saturday, December 22

Time: 7:30 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 who is young at heart. This is a great peak for beginners and it offers a beautiful view of the High Peaks. Round-trip distance is about 3.8 miles with 1,040' elevation change. Let's hope for enough snow to use our snowshoes! Rain will cancel.

## NIPPLETOP AND DIAL

Saturday, December 22

Time: 6:00 a.m.

Rating: A+

Ron Lester 899-4187 muleskinner46er@hotmail.com

First day of winter, so why not enjoy the High Peaks before the snow pack gets too high ... hopefully. Bring snowshoes and dress in your hot-chilly's and a headlamp. Approximately 14 miles with 4,000+ feet of elevation. Moderate pace.

## CAMP SARATOGA

Saturday, December 22

Time: 9:00 a.m. Camp Saratoga-off Scout Road, Wilton

Rating: C+

Rich Crammond 584-2380

This hike will be around 3 miles in a nice area of tall pines. We may need snowshoes, so please bring them along with you. Merry Christmas to all and to all a super good hike! PLEASE NOTE: This is NOT a dog hike.

## CAT AND THOMAS MOUNTAINS

Sunday, December 23

Time: 9:00 a.m. at the trailhead or 8:15 at Bolton Beans in Bolton Landing

Rating: C

Neal Van Dorsten 644-9453 Nealvan@aol.com

This is an easy hike, with great rewards at the top. It affords wonderful views of Lake George and surrounding mountains. We will have lunch at the top of Cat, and may take in Edgecomb Pond if we can do a shuttle. Allow 3 or so hours.

## DIX, HOUGH, SOUTH AND EAST DIX

Sunday, December 23

Time: 5:30 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Jack Whitney 793-9210 or jack1758@adelphia.net

We will be starting this hike from Route 73 going in via the Round Pond Trail and returning along the South Fork of the Bouquet River. It is 6.8 miles and 3,200 ft. of elevation gain to the summit of Dix. We will then continue on to Hough, South and East Dix. Expect a long day and winter conditions.

## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, December 26

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## PROSPECT MOUNTAIN

Saturday, December 29

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

Rating: B-

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

This is a great December hike because the road is closed and we now have the mountain for hikers only. The views are wonderful and the hike is fairly easy with some steep pitches at the top. It is about 4+ miles round trip and offers some interesting woods, as it follows the track of the old railcar to the top.

## WINTER HIGH PEAK

Sunday, December 30

Time: 5:00 a.m.

Rating: A+

Alex Lombard 854-9088 or 791-508

Working on your winter 46? Come join me on this winter High Peak hike. Depending on the weather and trail conditions, I will choose the peak about a week in advance. Snow or no snow, full winter gear including snowshoes and crampons required. Call trip leader for more details and to sign up.

Invite your friends to join  
**ADK**



## EREBUS MOUNTAIN HIKE

Sunday, December 30

Time: 6:30 a.m.

Rating: A-

Bob Aspholm 798-8599

Jayne Boudier 793-3770

Erebus is actually the second highest mountain (2,257') around Lake George and has a great view of the lake. We will start at the Hogtown trailhead, head to Dacy Clearing and then to Bumps Pond on an abandoned trail to Bumps Pond overlook and then compass north along the ridge to the summit of Erebus. About 8 miles round trip and about 1,000' ascent. About half of this hike is off-trail so be prepared; winter gear also required.

## \* NEW MEMBER/BEGINNER\* — THOMAS MOUNTAIN SNOWSHOE

Sunday, December 30

Time: 8:30 a.m.

Rating: C+

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

Jack Whitney 793-9210 or jack1758@adelphia.net

If you received snowshoes for Christmas or would like to try snowshoeing, join us for a relaxing day of snowshoeing. Everyone should bring snowshoes and ski poles are helpful. If you do not have snowshoes and would like to participate, please contact one of the leaders at least one week in advance for help in obtaining snowshoes. Also, when signing up please talk to the leaders regarding proper clothing for this activity. Hopefully we will have snow this year — if none on Thomas Mountain, we will try to find an easy mountain farther to the north that has snow.

## \*FIRE TOWER HIKE\* — KANE MOUNTAIN, STEWART AND INDIAN LAKES HIKE OR SNOWSHOE

Sunday December 30

Time: 8:00 am (Gloversville Burger King)

Rating: B-

Jessica Gottung 725-3859 (until Saturday 8:00 p.m.)

We will start this hike by going up Kane Mountain and getting some views from the fire tower. Then we will wander on over to Indian Lake (not the big one) for a little break and head back to the cars. Total mileage about 6 miles, most of the elevation is going up Kane. Be advised leader will be bringing her dog on this hike.

## NEW YEAR'S DAY HIKE — BUCK MOUNTAIN FROM PILOT KNOB

Tuesday, January 1

Times: 8:00 a.m.

Rating: B+

Bob Aspholm 798-8599 or Reg Prouty 747-9736

Let's start the New Year off right with a traditional hike or snowshoe up popular Buck Mountain. Ascent is 2,000 feet and round trip is 6.6 miles. Pace will be relaxed. Views are even better this time of year due to bare deciduous trees.

## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, January 2

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## ALGONQUIN, IROQUOIS, AND WRIGHT

Saturday, January 5

Time: 6:00 a.m.

Rating: A+

Pat McCullough 798-3186 or pmccul@gmail.com

The trail starts at Heart Lake and is about 12 miles round trip. I am planning on doing all three mountains with Wright being the last peak on the way back down. Views can be outstanding so hope for a sunny day.

## LEADER'S CHOICE XC SKI

Sunday, January 6

Time: 9:00 a.m.

Rating: B

Bill Schwarz 793-2781, or bschwarz@nycap.rr.com

Let's head somewhere between Lake George and Saratoga for a snowy adventure. The areas will likely be ungroomed, so bring your backcountry skis and gaiters! We may be breaking trail. You should be a novice skier, at least, with some off-groomed-trails experience. Possibilities include the Lake George bike path, Glens Falls Feeder Canal, Wilton Preserve, or Saratoga National Park. We'll ski three to four hours. Leader would bring everyone to a ski touring center only if there's no local snow cover.

## WEST HAIL BUSHWHACK

Sunday, January 6

Time: 6:00 a.m.

Rating: A+

Jayne Boudier 793-3770

Hail is the biggest, baddest mountain in Hammond Pond Wild Forest. Some of its six bumps were burned several years ago; hopefully West Hail was not. 9 miles (5 trail-less), 1,600 ft. ascent, and great views at a moderate pace. North Hudson.

## GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, January 9

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.



## **TONGUE MOUNTAIN LOOP**

Saturday, January 12

Time: 6:00 a.m.

Rating: A

Neal Andrews 899-5500 or wantlocks@aol.com

We will start at Clay Meadow and go first to the chapter lean-to on Fifth Peak. We will then work our way toward the point of the tongue enjoying the views with the leaves off the trees and the rattlesnakes safely hibernating. At the decided time, by the group, we will bushwhack down the right shoulder of the ridge to the trail that runs back to the cars along Northwest Bay. Bring a camera and appropriate footwear for the conditions.

## **HAYSTACK AND BASIN**

Sunday, January 13

Time: 6:00 a.m. at the Garden trailhead

Rating: A+

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

We will leave from the Garden trailhead at 6:00 a.m. to give us ample time to tackle both peaks. Conditions will determine out route; bushwhack up Chicken Coop Brook to get Basin the easy way may be a direct ascent, or we may stick to the trail and do Haystack first. Snowshoes and full crampons required. This will be a long and rewarding day.

## **GLENS FALLS AREA WEDNESDAY MORNING WALK**

Wednesday, January 16

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## **SKYLIGHT AND GRAY**

Saturday, January 19

Time: 5:00 a.m.

Rating: A+

Bill Carpenter 793-5506 pcarp@verizon.net

Jack Whitney 793-9210 jack1758@adelphia.net

This will be a long day. From Adirondack Loj to Marcy Dam and up to Lake Arnold, on to the Feldspar Trail to Lake Tear of the Clouds. From there it's on to Skylight, 0.5 miles from the junction then back down and on to our final peak of the day, Gray. Approximately 17-18 miles total.

## **GLENS FALLS AREA WEDNESDAY MORNING WALK**

Wednesday, January 23

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

## **STILLWATER LOCKS AREA, ROUTE 67**

Saturday, January 26

Time: 9:00 a.m., meet at small parking area between Stillwater ridges Route 67; call leader for details

Rating: C

Rich Crammond 584-2380

This small hike or snowshoe will take us along the Hudson and Hoosick Rivers. A good place to see bald eagles for sure! Around a mile at a slow pace so we can glass the area better for winter birds. Bring along your snowshoes. PLEASE NOTE: This is NOT a dog hike.

## **GIANT AND ROCKY PEAK RIDGE**

Saturday, January 26

Time: 6:00 a.m.

Rating: A+

Pat McCullough 798-3186 or pmccul@gmail.com

We will start from Chapel Pond and finish there after doing the nine miles to both peaks. There is not a lot of time for warm-up as the trail starts up almost immediately after leaving the road. If we have a clear day, the views are great.

## **AVALANCHE PASS**

Sunday, January 27

Time: 8:30 a.m.

Rating B+

Steve and Licia Mackey 793-6484 or smackey@localnet.com

At our annual trip last year we had a low turnout because the snow locally was pretty sparse, but the snow up there was actually decent and the skiing was very good. The total round trip distance is about 10 miles. The guide book says, "The ski through Avalanche Pass and across the lakes is a classic tour and available to any strong intermediate skier." There is one major climb up to the pass and obviously a pretty fast decent on the way back out. We will leave from South Meadows and if the weather is good, we should have a great day.

## **GLENS FALLS AREA WEDNESDAY MORNING WALK**

Wednesday, January 30

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

Your outings leaders  
are waiting for your call!



## **Algonquin and Iroquois, July 21, Lorraine MacKenzie, 7 participants**

- Algonquin was true to its reputation. Our breath was taken away from the fantastic 360-degree views of the High Peaks, especially Colden. The trek over to Iroquois via Boundary was mostly a rock scramble marked with Cairns. As long as you don't make the left down to Avalanche Pass, it's easily followed! This beautiful day together with great company and a short cooldown by MacIntyre Falls made it truly memorable. Participants: Richard Caiola, Reginald Beatty, John Susko, Bill Carpenter, John Whitney, Kathy Quoi, Lorraine MacKenzie.

## **Seymour Mountain, July 29, Pat McCullough, 16 participants**

- I had a lot of interest in this hike. Most aspiring 46ers are always looking for someone leading a hike into the Seward Range. I had a great crew; much laughter and no complainers. The weather was perfect. It was a clear day and we did not have heat until we were back on the flat trail back to the vehicles. Participants: Dave Benhard, Bill Carpenter, Jim Dickinson, Matt Dickinson, Sharon Getmon, Melody Hoffman, Stephani Krzysik, Hank Lenny, Christy Lill, Lorraine MacKenzie, Ken Martle, Pat McCullough, Jerry Perregaux, Bob Sellar, April VanHeusen, Jack Whitney.

## **Pharaoh Mountain, July 29, Bob Aspholm and Reg Prouty, 7 participants**

- Despite the weather forecast, we saw no rain all day. The views from Pharaoh's three summits were outstanding with visibility as far as Lake Champlain and Vermont. The High Peaks showed up as well. The group was great to hike with. Participants: Bob Aspholm, Reg Prouty, Bruce Cushing, Patricia Passen, Summer Downing, Carol Conolly, Heidi Teriele Karkoski.

## **Saddleback and Basin, August 4, Jack Whitney, 10 participants**

- A great summer day, less than an hour walk to Johns Brook Lodge where we took a short break before pressing on to the Shorey Shortcut Trail followed by the steep climb up to the summit of Basin. We met Bob Buckley and friends on the summit of Basin which was his 45th peak. We convinced him to proceed on with our group and hike over to Saddleback. It was a group effort getting everyone up over the rocks to the summit of Saddleback (congratulations to Bob on finishing your 46 on this day). Participants: Stephani Krzysik, Dan Moellman, Leonard Tremblay, Charlie Czech, Alison Darbee, Bill Carpenter, Bob VanBuren, Sandy Yellen, Michelle Parlej, Jack Whitney.

## **Waterfalls Hike, August 4, Jonathan Lane, 7 participants**

- What a nice day for a hike! We visited a couple of smaller falls, then made our way to beautiful Beaver Meadow Falls where we hung out for a while. We even explored the top of the falls as well before moving on to Rainbow Falls, where we relaxed and had our lunch. The amount of water coming over the falls was pretty light, but they were beautiful nonetheless. Participants: Susanne Bischoff, Diane Carpenter, Morgan Clark, Tim Clark, Catherine Geoffrey, Jonathan Lane, Uzma Qureshi.

## **Vanderwhacker Fire Tower, August 11, Rich Crammond, 6 participants**

- This was a great day to be on the trail. We had a pretty good view from the cab of the tower. Not many other hikers there so we had room for lunch and nice hiking tales. The Riley ladies completed their Fire Tower Challenge on this outing. Always a learning time when hiking along with fellow ADKers. The dirt road to the trail head is rough but alright for 4-wheel drive but not low cars or trucks. Thanks to all for coming along on this great summer day. Participants: Kim Ciraulo, Joe Spain, Susanne Bischoff, Shelly Riley, Jessica Riley, Rich Crammond.

## **Raquette Lake, August 11-12, Reg Prouty, Jayne Boudier, 10 participants**

- We had beautiful hot, partly sunny weekend — with strong winds to make paddling an effort, but kept the bugs away. Loons called all night, and deer wandered up to the outhouses in the morning. Tame loons lured us to the Needles, and merganser families spooked along the way to Hens and Chicken Islands, where we found an unoccupied loon nest, floating and anchored. We got out and stopped to swim a lot, even in gook rocky places. Got back tired and happy and had ice cream! Participants: Ray Boucher, Jayne Boudier, Paul Dean, Pat Desbiens, Marcia Hanson, Reg Prouty, Pete, Cecile, and Josh Valastro, and Jack Whitney.

## **Hadley Mountain, August 18, Pat Desbiens, 14 participants**

- This was a great day for a hike, cool, a little windy on the summit but still O.K. to sit and eat lunch and — this being a New Member hike — munching on the cookies that the trip leader provided. Just about everyone climbed the tower to get the maximum view. A short side trip off the trail to check out the caretaker's cabin was the final activity before the leisurely trek back to our cars. Participants: Melissa Ross, Margie Litwin, Uzma Quresh, Karen Chan, Elaine Moecker, Janet Curley, Jackie Curley, Jack Whitney, Hrishi Deo, Susan Bischoff, Doug Bischoff, Rich Crammond, Sandy Yellen, Pat Desbiens.

## **Santanonis, August 18, Neal Andrews, 10 participants**

- We started out in a cool drizzle of a rainstorm with the hope that the weather would improve. The group of ten hikers moved along at a consistently fast pace. The first four miles up the marked trail were uneventful, save for Neal cutting his finger on a slippery log. It continued to rain up to Times Square and along the trail to Couch. The view from Couch was limited due to clouds, as was the view from Panther. When we reached Santanoni, however, the sun had broken through the clouds and the group appreciated the great view. A brisk pace back to the parking lot yielded a trip time of ten and a half hours. Participants: Greg Chambers, Kristopher Williams, Dick Daniels, Phil Shemella, April Austin, Lisa de Waal Malefyt, Tom Dwyer, Andy Potts, Christopher Coons, Neal Andrews.



## **Allen Mountain, September 2, Jack Whitney, 8 participants**

- What can one say about Allen Mountain?  
Opinions Quiet thoughts Day After  
Ying-Yang Love-Hate Female-Male  
A dedicated leader Seven aspiring 46 er's  
Good conversations  
Constant, friendly chatter and jokes  
Yet, quiet listening to nature  
Exploring of fields, forest and skies  
And, of course, the Hike  
Exhilarating accomplishment!  
The distance, the ruggedness, the good weather  
The Top! Fellowship Nourishment  
Reflection on way down — new view  
Transverse more of our beautiful  
High Peaks of the Adirondacks  
Our Mountains! A Privilege!  
Participants: Bill Carpenter, Charlie Czech, Allison Darby, Hank Lenny, Dan Moellman, Donna Ruppel, Lorraine MacKenzie, Jack Whitney

## **Mount Colden via the Trap Dike, September 2, Alex Lombard, 5 participants**

- What a perfect day! So many things could have kept us off the Trap Dike today, however everything was in our favor. Starting from the Loj on a cool September morning, we set a brisk pace to Avalanche Lake. From here, we would glance up the Trap Dike and begin to see our ascent route. It was impressive to see the recent avalanche devastation at the mouth of the Dike. Usually we hear stories of hikers getting soaked with running water on this route. Not today, as no running water was present. After a little searching around for an exit point at around 3,800', we began our ascent up Colden's magnificent open slides. Even though quite steep, our shoes stuck to the rock like glue. Frequent stops for breathtaking views on the slide made the day even better. A long break at the summit was enhanced by a cool, bugless breeze. All in all, a picture-perfect outing. Participants: Steve Barlow, Mark Janey, Steve Dunbar, Alex Lombard, Peter Valastro.

## **Oluska Pass Camping, September 7-9, Rich Crammond, Jayne Boudier, 3 participants**

- We took the long way to Blueberry Lean-to ... then, liked it so well that we stayed there for two nights — soaking our feet in the icy brook, and watching bats and stars come out from an overgrown nearby meadow. Had sun, rain with lightning, sun, and rain. Reported blow down kept us away from the Pass. We took the Seward trail up and were soaked by wet branches, found no plane, sun on top, and not enough time to look for the brake. Packed out on a rainy Sunday in time to visit the new Tupper Lake Museum! Participants: Jayne Boudier, Rich Crammond, Jean Holcomb.

## **Wilmington and Morgan, September 9, Jack Whitney, 14 participants**

- A dry day on the walk in to the lean-to, challenge finding the herd path up to the summit of Wilmington but after going over one false summit, the GPS confirmed that we were on the top (in the rain). It was an adventure bushwhacking down to the Copperkilt Pond and finally after determining that a trail was on the opposite side of the brook, we went back up to the pond, back to the lean-to and then out still in the rain. Saved Morgan for another day. Participants: Bruce Cushing, Jim Dickinson, Uzma Quershi, Joe Pawloski, Charlotte Smith, Sandy Yellen, Ann Mundy, Ray Boucher, Pat Desbiens, Bill Carpenter, John Whitney, Bill Morse, Marcia Bryan, Jack Whitney.

## **Harry Betar Memorial Park, September 12, Licia Mackey for Maureen Coutant, 5 participants**

- The Wednesday morning reunion on this fresh fall morning was most enjoyable. We paused at the boat launches and gazebo overlooking the Hudson to view our nearby mountains in the sun. Having completed the Betar loop quickly, we visited Cooper's Cave briefly, and continued our walk up the Feeder Dam Canal bike path. We were entertained by a great blue heron fishing in the exceptionally low canal level. (Perhaps the coal tar clean up operation necessitated the water level.) A few young mallards paddled about. A handful of fall flowers were in bloom. It smelled like fall. The conversation, company and exercise were refreshing. Participants: Bob Powell, Mace Comora, Gwenne Rippon, Dede Desmond, Licia Mackey.

## **Goodnow Mountain, September 16, Pat Desbiens and Jack Whitney, 19 participants**

- This hike provided for one more fire tower done on the list for some; for others, their first fire tower hike; and for some others, just a very enjoyable hike with some great views from the summit and the tower. The weather couldn't have been better, cool with minimal wind on the summit. Following the return to our cars, the group stopped at the Visitors Interpretative Center in Newcomb, arriving in time to view a movie on Waterways of the Adirondacks. Participants: Ann Mundy, Theresa Gomez, Anne Frangese, Margie Litwin, Melissa Ross, Kathy Bechard, Michael Bechard, Casey Bechard, Tim Bechard, Charlie Czech, Linda Czech, Rich Myette, Nancy Finley, Priscilla Smith, Irene Sammons, George Sammons, Mary Ann Moran, Jack Whitney, Pat Desbiens.

## **Tuesday Evening Paddle, Lake George, September 18, Mo Coutant, 9 participants**

- This was a rescheduled trip from a previous cloudy Tuesday and we were glad we waited: it was a gorgeous evening. The tourists had left Lake George and the water was as calm as I've ever seen it. The air temperature was perfect and we just paddled up the east side of the lake and picked out our dream lake homes. Participants: Mo Coutant, Charlie and Linda Czech, Licia Mackey, Gary McCoola and Joy Muller-McCoola, George and Sandy Meents and Gary Rodd.







**Santanoni and Panther Peaks, September 22.** From left: Eberhard Burkowski, Ann Mundy, Stuart Kelley, Mike McLean, Wes Bishop. See writeup below.

**Wednesday Morning Walk, Pilot Knob area,  
September 19, Mo Coutant, 8 participants**

• A perfect fall day. We considered ourselves lucky to be able to be out and enjoying the beautiful day and views across the bays of the East side of Lake George from the Pilot Knob Lookout. Then half of us drove up the road and enjoyed the view of the lake from the cliffs at the bottom of the Pilot Knob hike. Great payoff for very little climbing. An immature red-tailed hawk circled right above us as an added bonus! Participants: Mace Comora, Mo Coutant, Margaret Curtis, Cindy G, Licia Mackey, Mickey Magee Onofrietto, Bob Powell, George Sammond.

**Santanoni and Panther Peaks, September 22, Mike  
McLean, 6 participants**

• We met at 6:30 at the Bradley Pond Trailhead and made good time with lots of conversation with several folks nearing completion of their 46. So much conversation that the trip leader missed the old trail and thus we descended via the standard trail along Bradley Pond. It is quite warm and muggy for September and quite dry with the lack of rain. We enjoyed the hazy views from Panther, and though there was conversation of doing Couch, the haze and warm temperatures made doing only Santanoni okay with the entire group. We went over to Santanoni and barely made out the mine through the haze, but the views were still wonderful. Down the old Santanoni herd path, we enjoyed a nice cliff to descend, and we popped out on the maintained trail in quick order. Back to the parking lot in short order with lots more conversation. An excellent trip! Participants: Louis Maurais, Stuart Kelley, Ann Mundy, Wes Bishop, Eberhard Burkowski, Joe Pawlowski.



## **Sawteeth, September 23, Jayne Boudier, Jack Whitney, 14 participants**

- We had an unbeatable sunny, clear, comfortable, early fall foliage day on the scenic trail. Great views! Congratulations to our aspiring 46ers. Participants: Jayne Boudier, Elisabeth Craven, Bruce Cushing, Charlie Czech, Mike Doyle, Mike Gregg, Paul Klippel, Jonathan Lane, Shirley LaPlante, Mike Libertucci, Kathy Quoi, Linda Veraska, Jack and John Whitney.

## **Evening Paddle, Lake George (Bolton), September 24, Mo Coutant, 7 participants**

- What a beautiful evening! We met at Rogers Memorial Park in Bolton Landing and set out to the north. We circled a couple of islands and then headed south. As we neared Chics Marina we noticed the full moon rising over the mountains. It was a wonderful night. Participants: Renee Clarke, Maureen Coutant, Charlie Czech, Renee Lombard, Licia Mackey, George Sammons, Jan Stephens.

## **Wednesday morning walk, Moreau State Park, September 26, Mo Coutant, 8 participants**

- We hiked around Moreau lake with an additional side trip around Mud Pond. It was one of those warm days at the end of September and we were glad we did the trip in the morning or we might have been too hot! Participants: Maureen Coutant, Margaret Curtis, Nancy Glover, Cindy Guardiola, Albina Lentile, Licia Mackey, George and Irene Sammons.

## **Tongue Mountain to Fifth Peak Lean-to, September 29, Pat Desbiens (18 participants) and Reg Prouty (19 participants)**

- This was a joint hike listed with the ADK GF-S Chapter and the Northern New Jersey Chapter of the ADK. Due to some minor miscommunication between the two chapter organizers, 37 people showed up for this one hike. No reason to panic — we have two leaders — we divided the group and away we went. A slow, easy pace got all who wanted to the summit where they were rewarded with good fall foliage and beautiful views of Lake George. For a few from northern New Jersey, this was their introduction to the Adirondacks. A tired, but happy, group arrived back at the cars. Participants: GF-S — Mickey Magee Onofrietto, Melissa Andros, Christy O'Callaghan-Leue, Linda Higgins, Jean Zambrano, Charlie Czech, Linda Czech, Michael Blanchard, Shari Dufresne; Northern New Jersey — Mary Beth Moltzen, Peter Moltzen, Lynn Fariello, Brenda Welles, Linda Pauh, Susan Browne, Marie Madsen, Don Madsen, Betty Heald, Pat Van Orden, Chriss Cannell, Jeff Sorelov, Sally Lederman, Maria Matland, Saroon Nora, Marcia Greenwald, M. Sterpan, Alsa Tirgratl, Kathy Kendall, Marilyn Ofner, Grisella Rodriguez, Lee Ousley, Jayne Miller, Louise Rucciarone, Janet Groenveld, Rob Maloney. Co-leaders: Pat Desbiens and Reg Prouty.

## **MEXICO A climbing adventure!**

Chapter member Neal Andrews will be going back to climb in Mexico ... want to go?

**December 18-28, 2007**

**Malinche and Pico de Orizaba**

Orizaba is the third highest mountain in North America. Non-Crevassed Glacier travel will be needed to reach the summit (18,490). Orizaba is a great introductory mountain to high altitude climbing and is the highest mountain in Mexico. Malinche (14,640) will be used for acclimatization. Call for details.

Neal Andrews  
899-5500

## **Black Mountain, September 30, Pat Desbiens, 10 participants**

- What better way to spend a beautiful, warm sunny Sunday. Ten eager hikers met to climb Black Mountain from the East and the rewards were many on this day. The noisy windmill on the summit is now gone — so that hikers are now not only treated to wonderful views but quiet. We made this a loop trip by returning via the trails that took us by Black Mountain Pond and Lapland Pond. "Take in the beautiful fall foliage scenery" stops were made from a lookout just below the summit and again at the lean-to at Lapland Pond before arriving back at our cars. Participants: Pauline Jackson, Anne Franzese, Sandy George, Cynthia Staniels, Arthur Ostrov, Melissa Ross, Margie Litwin, Sandy Yellen, Terry Peek, Pat Desbien.

Check  
[www.adk-gfs.org](http://www.adk-gfs.org)  
for up-to-date information



# 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](http://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.



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## *Chepontuc Footnotes*

Glens Falls-Saratoga Chapter Adirondack Mountain Club  
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