



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

Chepontuc Footnotes

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

Headquarters Workdays

Saturday, April 28
9:00 a.m., approx. 2:00 pm

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! Bagels, Mo's scones, coffee 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@adelphia.net (If you can come a different day to do a project, let me know.)

Lend a hand!

THE GOAL:

ADK's goal is to provide you, the volunteer, with the unique opportunity to give something back to trails. Our volunteer projects are inherently educational and include not only trail maintenance and reconstruction techniques, but also low-impact camping and natural history. Ultimately, we will complete a quality trail project that will protect the natural resource for many years. You are guaranteed a fun and rewarding experience participating as an "ADK Trails Volunteer"!

BASE CAMP:

The volunteer base camp serves as the staging area for trail projects. It is located at the Adirondack Loj Campground adjacent to Heart Lake. Hot showers are located nearby. At base camp, we conduct a comprehensive orientation that includes introductions, safety, equipment review, camping techniques, and a summary of the project goals and objectives. We also provide experienced leadership, group camping gear, tools, transportation from base camp, and food.

A complete equipment list and project information will be sent to all volunteers

ONE-DAY PROJECTS:

Be prepared to hike into the woods while carrying tools, daypack, and lunch. Anticipate project completion by late afternoon. A variety of tasks make projects fun and rewarding for all ages and abilities.

- **June 16: Ruth's Easy Project**
Join trip leader Ruth Kufahl for her annual "easy" trail project. Designed for first-time trail workers of all ages.
- **June 23: Arab Mountain**
Rock water bars will be installed and repaired on this popular fire tower trail.
- **July 14: Poke-O-Moonshine**
Help maintain this fire tower trail by making rock drainage structures and setting rock steps.
- **August 11: Silver Lake Mountain**

GOOD FOOD, GOOD WORK

• August 15-20 — Long Lake Canoe Trip

Relocating existing pit privies and the removal of litter from campsites will be the main focus of the project. Participants will canoe a substantial distance every day to reach each lean-to. Arrive Wednesday evening at base camp for dinner and orientation. Participants will be out of the woods late afternoon on Monday. There is a \$75 participation fee

Existing rock water bars will be repaired improving the drainage on this trail.

- **August 12: Baxter Mountain**
Short sections of new trail will be installed to avoid steep or wet areas of trail.

TWO-DAY PROJECTS:

Be prepared to hike into the woods while carrying tools, daypack, and lunch. Anticipate project completion by late afternoon of the second day. Participants will have the option of returning to base camp each night.

Please see **VOLUNTEER**, page 5

How I got involved in ADK

BY JIM SCHNEIDER

In this month's report I'd like to share with you a reflection submitted to us by chapter member Kim Ciraulo. Kim's inspiring narrative truly defines the meaning of "participation." The following is reprinted with the author's permission. Thank you, Kim.

How did I get started with the ADK? It was the turning point in my life when I realized that my only child would soon be starting his life, and I needed to get one of my own! I was searching for something, missed being outdoors, had even considered joining the ADK but didn't actually do anything about it until I became friends with a then-aspiring 46er, who has since accomplished his dream. It wasn't so much what he told me about his hiking escapades, but rather the look on his face and the sound of his voice when he described them. There was such a sparkle to his look and enthusiasm in his voice that I knew I had to check out the ADK for myself.

In May of 2006, I signed up for the new member hike to Beaver Meadow Falls. I excitedly mentioned this to my family and friends, who very strongly told me that I must have lost my mind to even consider driving all the way to the Adirondacks just to hike in

the wilderness, was pure lunacy! I knew that they were trying to look out for me, but the truth is that the only thing I was scared of was the

CHAPTER CHAIR Report

Now, I just can't seem to get enough. Getting outside in the fresh air; laughing until my sides hurt; sharing conversation and adventures with wonderful people; eating all the food I want and still losing weight; finding out that if you're dressed properly, the rain "ain't no big thing;" being able to experience miles of wilderness and the beauty and tranquility of the natural world; discovering that, "Oh yes I can do it;" pushing my body to the top of a mountain ... What's not to like?

possibility of having to "make nice" all day with a group of people that I might not fit in with. I went anyway and it was one of the best decisions I have ever made. The day couldn't have been better. The company was great, the air crisp, the sky as blue as can be, and the bright sunlight streamed down on us all day long. We headed to Beaver Meadow Falls and then continued on to Lower Ausable Lake, which were both beautiful, but the best part of that day was when Giant Mountain came into view. Without a doubt, I knew then and there that I was going to climb some mountains. I also knew that I would have to kick a 24-year smoking habit to do it. So, I did.

After Beaver Meadow Falls, I signed up for hike after hike with people like Pat Desbiens, who helped me remember that a woman is as strong as she wants to be; Jack Whitney, who continues to share his knowledge and expertise but will always be remembered as the person who taught me that "cotton kills" by going up one side of me and down

Please see **EXPERIENCE**, Page 3

Chepontuc Footnotes

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Conservation News

ADK Challenging EPA's Attempt to Weaken Mercury Regulations

– In January, ADK joined several states, health care groups and several national environmental organizations in a lawsuit intended to challenge the Environmental Protection Agency's weakening of the mercury control emissions set forth in the Clean Air Act. Mercury contamination is detrimental to the environment as well as the health and well-being of people and animals living in areas downwind of coal-burning power plants, whose mercury emissions are the cause of 40% to 65% of the mercury deposition. ADK's complete legal brief can be found on the club's website: www.adk.org.

Tupper Lake Development Will Impact Forest Preserve

– ADK has called for further Adirondack Park Agency hearings before a large-scale development in Tupper Lake is approved. The proposed project, called the Adirondack Club and Resort, would fragment the backcountry resource management lands for which it is proposed. ADK is also concerned about the impact the

project will have on the use of nearby Forest Preserve lands such as the Bog River area, which is already heavily used. For further details about this project, see the Action Alert posted on our chapter's website.

Lake George Wild Forest Draft Unit Management Plan

– Thanks to all chapter members who contributed information for our chapter's comments regarding this UMP. The Lake George Wild Forest is of special importance to us because we have adopted trails and lean-to's in the area. In our comments, we included the need for signs for the Clay Meadow Trailhead to educate the public about the endangered Timber Rattlesnake, needs for trail improvements in several areas and the need to eliminate duplicate snowmobile trails in the Dacy Clearing section.

Are you interested in responding to ADK's Action Alerts concerning issues facing the Forest Preserve? You can receive Action Alerts directly by signing up at adkadvocacy@nycap.rr.com.

— *Jacki Bave,*
Conservation Chair

New members

GF-S CHAPTER

New members to the GF-S Chapter:
NOVEMBER

- James Charron, New Haven, Vermont
- Wayne Ellett, Clifton Park
- Kim Fishers, Stony Creek
- Annette, Morgan, Jordan Fordyce, Northville
- Ester & Phillip Frulla, Lake George
- Diane Litynski, Saratoga Springs
- Kyle Rottger & Cecilia Contreras, Porters Corner
- Eleanor Rowland, Queensbury
- Cheryl, Rob, Alicen & Ian Simpson, Argyle
- Jean & John Stratton, Hadley

DECEMBER

- Kevin Anderson & Allison Borchers, Greenville, Delaware
- Ken, Kathy, Jennifer & Mikaela Bee, Queensbury
- Rick & Ellen Brown, Stroudsburg, Pennsylvania
- Adam Carlock, West Rowland, Vermont
- Michael, Maria & Nicolas Cortese, Saratoga Springs
- Peter, Cynthia, Kellen & Aubrey Dean, Saratoga Springs
- Ruth Fish & John & Jamie Brunning, Glens Falls
- Catherine, Dean, Beth & Eric Fisher, Diamond Point
- Douglas Ford, Queensbury
- Bob & Vivian Hoyt, Queensbury
- Kevin Hoyt, New Windsor, New York
- Scott & Mark Murawski, Glenville
- Robert Nygard, Saratoga Springs
- Scott St. George & Jessica Schafrith, Mechanicville

EXPERIENCE, *From page 2*

the other aaaalllll daaaay loooong for wearing cotton on my very next and first hike with him; Bill Carpenter, who most kindly and patiently walked "sweep" with me for mile after mile, hike after hike, all the while reminding me, "You can do it;" and Jonathan Lane, who always keeps me laughing and pushes me to do just a little bit more.

Now, I just can't seem to get enough. Getting outside in the fresh air; laughing until my sides hurt; sharing conversation and adventures with wonderful people; eating all the food I want and still losing weight; finding out that if you're

dressed properly, the rain "ain't no big thing;" being able to experience miles of wilderness and the beauty and tranquility of the natural world; discovering that, "Oh yes I can do it;" pushing my body to the top of a mountain ... What's not to like?

So, I've been working the Fire Tower Challenge, which I plan to complete in the springtime. With the encouragement and company of Jack Whitney, Jonathan Lane and Bill Carpenter, I completed my first High Peak — Marcy — on July 30, 2006. Without a doubt, it was a very long, exhausting hike, but I couldn't stop smiling for days after. I've since completed six more High Peaks and

only have 39 to go to become a 46er. As my first winter hike, I completed Black Mountain in January 2007 and plan to attempt my first winter High Peak — Wright — on February 4, 2007. I am very excited by the challenge and looking forward to standing on the summit of Wright and seeing the pristine snow-covered Adirondacks for the first time.

By the way, remember all those people who were telling me that I'm insane? They are the same people who now want to know all about my latest hiking adventures, come to me with questions, want to see my pictures, ask me if they can come along ...

— *Kim Ciraulo*



Ron and Neal's excellent adventure

In his quest to leave no mountain unvisited, Ron Lester is at it again. Last May he teamed up with erstwhile partner Neal Andrews and his brother Dave Lester to climb North America's highest mountain. They were joined by a new climbing companion, Coleman Goughary, to form a fab four assault team. As most of *Chepontuc Footnote* readers will know, Ron is one of our long time "A" hike leaders, famous for dragging the incompetent and unwilling up the most difficult tailless peaks in winter in order to swell the ranks of the winter 46ers. Neal Andrews has been a member of ADK from childhood, a low number summer and winter 46er, who is also a long-time hike leader and ADK Glens Falls-Saratoga Chapter chair emeritus.

Denali! This is North America's highest peak at 20,320 feet, and what it lacks in raw altitude it more than makes up for in weather. Shouldering up to the Arctic Circle in Alaska's great wilderness it is remote, beautiful, dangerous and a magnet for

serious climbers world wide. Denali has a larger bulk and rise than Mount Everest. It is the mountain's unpredictable weather that thwarted Neal in his first attempt at the summit the year before. That's when he turned to his go-to-guy, Ron, who over the years and mountains of Argentina, Bolivia, Mexico, Ecuador and China, has managed either by luck, determination or just plain stubbornness to always end up on top.

So off they went arriving in Anchorage on May 7, 2006. After purchasing a twenty day supply of food the climbers were driven to Talkeetna on May 8 where they checked in and took the mandatory National Park Service mountain orientation class at the ranger station. On May 9 they flew into base camp on the Lower Kahiltna Glacier at 7,200 feet with approximately 135 pounds of gear each. The flight was spectacular, but also intimidating. Then they each loaded up 55-pound packs and put another 75 pounds onto sleds which they pulled behind them. It took another sixteen days on the mountain to get near the peak. Two made the summit and two did not. The only way to find out who, what, where and when is to join ADK members at our March program, which takes place at 7 p.m., Thursday, March 29, in the Community Room of the Saratoga Springs Public Library. This is an event that you do not want to miss, so mark your calendars!

Program

'RON & NEAL'S EXCELLENT
ADVENTURE'

WHEN: 7:00 P.M.
MARCH 29

WHAT: TALK WITH NEAL
ANDREWS AND RON LESTER

WHERE:
SARATOGA LIBRARY

From the High Peaks to Baffin Island

The Glens Falls-Saratoga Chapter is pleased to have Dr. Nancy Slack present a program on the ecology of two very different habitats: The Adirondack High Peaks and Baffin Island in Canada. Copies of her new field guide "Adirondack Alpine Summits" will be available for sale at the program which takes place at 7:30 p.m., Thursday, April 19, in the basement of the First Presbyterian Church of Glens Falls. The program is free and open to the public.

If you have ever climbed one of the half dozen or so Adirondack High Peaks featuring rare alpine vegetation and asked the summit steward "What's the name of that plant?" chances are he/she pulled out a little booklet called "85 Acres: A Field Guide To Adirondack Alpine Summits." The author of this iconic work, published in 1993, is Dr. Nancy Slack. Nancy penned the text and researched the ecology while her partner, photographer Allison Bell, did the illustrating. The idea for the book started when the two met climbing in the High Peaks and decided indepen-

dently that there was a need for a work that encompassed the entire ecology of alpine summits. This year the co-authors have revised and improved 85 Acres and produced a much more extensive volume (though still pocket sized) called "Adirondack Alpine Summits, An Ecological Field Guide."

This little volume by which many hikers know the name of Nancy Slack is the tip of the iceberg of a career which has spanned forty years and is still going strong. Hiking companion to Barbara McMartin and mentor to Beth Bidwell, Nancy Slack has been there, done that and knows everybody. She

received her BS and MS degrees from Cornell University in Vertebrate Zoology and Botany, and a Ph.D. in Ecology at SUNY Albany in 1971. She has just recently retired as a professor from Sage Colleges, formally Russell Sage, after a 32-year career, having taught every conceivable course in Botany, Ecology and Plant Geology. Retirement has not slowed her down at all. Due to having received various academic research grants involving bogs, the alpine and mosses, she has visited places as diverse as northern Canada, Sweden, England and Alaska. Along with her Adirondack Guide she published this year a new edition of "A Field Guide to New England Alpine Summits" for AMC. Other activities range from Scientific Forum panelist on WAMC, starring in a film on the ecology of the High Peaks at the new Adirondack Natural History Museum and pursuing her favorite hobby of bird watching. She is currently studying old growth forests in New York State under a grant from BRI, the Biodiversity Research Institute.

Program

'THE ALPINE AND THE ARCTIC:
FROM THE ADIRONDACK HIGH
PEAKS TO BAFFIN ISLAND'

WHEN: 7:30 P.M.
APRIL 19

WHAT: TALK WITH
DR. NANCY SLACK

WHERE:
FIRST PRESBYTERIAN CHURCH
OF GLENS FALLS



Roger Fulton's Costa Rica

Roger Fulton is a guy who turned retirement into a full time job. Traveler, author, hike leader and birding tour organizer he is a man for all seasons. The summer season is spent in the Glens Falls area where he leads casual hikes and biking outings for novice hikers, seniors and those who just don't have time out from jobs and family to climb a High Peak. Last year he partnered with the Moreau Lake State Park naturalists to lead evening nature walks on a weekly basis. He specializes in evening walks to accommodate working families and those non-morning people among us. With his partner, Mike Carpenter, he has co-authored numerous

delightfully illustrated books detailing every possible way to have fun in the outdoors without motorized assistance. His books cover regional hiking, biking, wild-life viewing, canoeing and kayaking. You may remember that last year his partner, Mike, did a program for the Glens Falls-Saratoga Chapter on "Casual Hikes in the Glens Falls Area."

In winter Roger heads south to Florida and beyond to lead his hikes, canoe trips and guided birding tours. One of his favorite destinations is Costa Rica. Roger has been visiting Cost Rica for more than 10 years. He has explored the high cloud forests, the Caribbean and Pacific Coast, and watched the lava flows of Arenal Volcano. He has also mountain biked across the entire country and hurtled down by bike from a 10,000-foot mountain.

Join us at the Saratoga Springs Public Library Community Room at 7 p.m., Thursday, May 17, to hear about Roger's adventures in this marvelously diverse country and learn about his upcoming "casual hikes" for the spring and summer. This program is free and open to the public

Program

'ROGER FULTON'S
COSTA RICA'

WHEN: 7:00 P.M.
MAY 17

WHAT: TALK WITH
ROGER FULTON

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY

Membership BBQ & Social Gathering planned

When: Saturday, June 9, 2007
Where: Moreau Lake State Park
Time: 10:00 a.m.-4:00 p.m.

Details to follow in the May
Chepontuc Footnotes

Bring your family; invite a prospec-

tive member to join you and your fellow ADK GF-S Chapter members for a day of hiking, canoeing/kayaking, swimming or just plain relaxing. We will end the day with a barbecue of burgers, hot dogs, chips and salad.

VOLUNTEER, *From page 2*

- **June 8-10: JBL Trail Work Weekend**
An annual trail maintenance trip that involves cleaning existing drainage structures and removing blowdown in the Johns Brook Valley. The volunteer crew will pack into Johns Brook Lodge (3.5 miles) on Friday night.
- **June 16-17: Mountain Bike Trails**
Join other mountain bike enthusiasts in repairing and creating mountain bike trails in the Wilmington Wild Forest. An emphasis will be placed on training future mountain bike trail stewards for the area.

FOUR- AND FIVE-DAY HIGH SCHOOL PROJECTS:

These trail projects are reserved for high-school-aged teenagers who have a desire to spend a week in the woods camping and to participate in and experience quality trail work. Arrive at base camp on Sunday evening for dinner and orientation. ADK Chapters and local communities/businesses have sponsored teenagers.

- **July 8-12: Ampersand Mtn., 4-day**
Work will focus on constructing rock water bars and stepping-stones. Participants will be out of the woods late afternoon on Thursday. There is a \$200 participation fee.
- **July 15-20: Pigeon Lake Wilderness, 5-day**
Blowdown removal and sidecutting will take place in this rugged wilderness area. Participants will be out of the woods late afternoon on Friday. There is a \$250 participation fee.
- **July 22-27: Prospect Mountain, 5-day**
Install new sections of trail and drainage on this popular hike in the Lake George region. Participants will be out of the woods late afternoon on Friday. There is a \$250 participation fee.
- **July 29-August 3: Wanika Falls, 5-day**
Help define this section of the Northville-Placid trail with intensive sidecutting and blowdown removal.

Participants will be out of the woods late afternoon on Friday. There is a \$250 participation fee.

- **August 5-9: St. Regis Mountain, 4-day**
Participants will place rock water bars and steps on this popular hiking trail. Participants will be out of the woods late afternoon on Thursday. There is a \$200 participation fee.

FIVE-DAY PROJECT:

- **August 15-20: Long Lake Canoe Trip**
Relocating existing pit privies and the removal of litter from campsites will be the main focus of the project. Participants will canoe a substantial distance every day to reach each lean-to. Arrive Wednesday evening at base camp for dinner and orientation. Participants will be out of the woods late afternoon on Monday. There is a \$75 participation fee

WORKSHOPS & SPECIAL EVENTS:

- **May 5: Trail Steward/Maintainer Workshop**
This workshop is intended to give trail maintainers an understanding of basic trail maintenance concepts and standards. Topics that will be demonstrated and discussed are cleaning drainage, blowdown removal, sidecutting, and trail marking. The workshop will be conducted on the main hiking trail that ascends Blue Mountain in the Adirondacks.
- **June 2: National Trails Day**
The National Trails day event will be based out of the Adirondak Loj at Heart Lake in the Adirondacks. Sidecutting, drainage clearing and rock water bar construction is just some of the projects that will be available in the tri-lakes area.
- **Oct. 20: Fall Trails Day, High Peaks**
This is the last chance to clean drainages of fallen leaves and other debris before the snow arrives. Trails located in the Adirondack High Peaks Region will be focused on.



Adirondack Winter Climbers — 10th Annual Dinner Gathering

Saturday, March 24, 2007

Crowne Plaza Resort, Lake Placid, NY

It's a gathering, not an official meeting, so there's no agenda, business, awards, voting, etc. It's a way to get together for several warm (deservedly so!) hours of recollecting, storytelling, face stuffing, foible jabbing, plan making, and potential

hiking-partner meeting. It's nice to be able to sit and talk at length with fellow hikers without getting cold, breathless, or way behind the rest of the group. You don't need to have done all 46 in winter to attend, and family is also welcome.

Buffet and cash bar: Adults: \$24, Children: 3-12 — \$15; Under 3 — Free

RSVP/Payment due by March 10: Checks are to be made out to the ADK 46ers and should be sent to: Peggy MacKellar pegmack@logical.net 165 Elm Street Lake Placid, NY 12946 Questions: Mike McLean (315) 262-2564 Mark Lowell markl@stlawu.edu (315) 386-3945

Outings and programs schedule

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

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library. Future Programs: March 29, April 19, May 17

Executive Committee Meetings held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Glens Falls Nat'l Bank Community Room and Saratoga-Wesley. Future Meetings: March 7, April 4, May 2

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: March 28, May 23, July 25, September 26, November 28

YMG = Younger Members Group. OMG = Older members Group.

March		Outing Type	Destination	Contact	Rating
3	SAT	Hike	Prospect Mountain — Lunar Eclipse	Aspholm/ Suarez	B
3	SAT	Hike	Gothics and Armstrong	McLean	A+
3	SAT	Hike	*YMG* Fire Tower Hike (Leader's Choice)	Lane	B+
3	SAT	Ski/Hike	Ausable Club Road/Hike Fishhawk Cliffs — XC Ski	Shevy	A
4	SUN	Hike	Algonquin, Iroquois and Wright	Andrews	A+
6	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
7	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
7	WED	MEETING	Executive Committee Meeting — GLENS FALLS Bank	Schneider	
9	FRI	XC Ski	Crandall Park Evening XC Ski	Coutant	B/C
10	SAT	XC Ski	*YMG* Holmes and Little Holmes Lake	Gottung	B
10	SAT	Hike	Macomb Mountain	Weed	A
11	SUN	Hike	Erebus	Bouder	A
13	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
14	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
17	SAT	Hike	*YMG* Fire Tower Hike (Leader's Choice)	Lane	B+
18	SUN	Hike	Thomas/Cat Mountains — Lake George	Aspholm	B+
20	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
21	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
24	SAT	Hike	Jay Range	Lester	A
24	SAT	Gathering	46er Winter Gathering	McLean	
25	SUN	Hike	Nundagao Ridge	Bouder	B+
27	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
28	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
28	WED	MEETING	Outings Leaders Meeting — SARATOGA Starbucks	Schwankert	
29	THU	PROGRAM	"Ron & Neal's Excellent Adventure" — Saratoga Library		
31	SAT	Hike	Marcy Gray and Skylight	Andrews	A+
31	SAT	Kids Trip	* Kids Trip * — Moreau Park Walk	Coutant	C
April					
1	SUN	Hike	Crane Mountain Snowshoe	Whitney/Prouty	B
3	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
4	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
4	WED	MEETING	Executive Committee Meeting — SARATOGA Wesley	Schneider	
7	SAT	Hike	Saratoga National Historical Park	Crammond	B-
8	SUN	Hike	Fifth Peak — Family Hike — * EASTER *	Andrews	B
10	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
11	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
13	FRI	Kids Trip	* Kids Trip * — Glens Falls Park	Coutant	C
14	SAT	Hike	Hoffman Notch	Crammond/ Bouder	B+



Canoe/Kayak Rating System:

Rating	Miles	Portages	Water Class
A*	12+	Long (1/2 mile+)	II+;Whitewater
B	6-12	Short	I-Moving
C	Under 6	None	Flat

* Paddling trips that include Camping Overnight are also rated "A"

Note: Due to the variability of the interaction of water, wind, and weather; local conditions may change a trip's rating the day of an outing or even during the outing itself. As on all outings, leader's discretion applies.

Outings and programs schedule

15	SUN	Hike	*New member* *Firetower* — Hadley Mountain	Desbiens	B
17	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
18	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
19	THU	Program	The Alpine and the Arctic — Presbyterian Church, Glens Falls		
21	SAT	Hike	*Firetower* — Goodnow Mountain	Prouty/ Desbiens	B
22	SUN	Hike	Loon Lake	Bouder/Whitney	B
24	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
25	WED	Walk/Ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C/D
27	FRI	Kids Trip	* Kids Trip* — Hovey Pond Park Explore!	Coutant	D
28	SAT	Paddle	West Branch Sacandaga River Paddle	Bouchard	A
28	SAT	Hike	*YMG* — Adirondack Quest — Leader's Choice	Lane	B
29	SUN	Hike	Thomas Cole and Black Dome (Catskills)	Bechtel/ Desbiens	B+
29	SUN	Hike	Old Far Mountain	Aspholm	B+
May					
1	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
1	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
2	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
2	WED	MEETING	Executive Committee Meeting — GF Nat'l Bank	Schneider	
4	FRI	Hike	Pilot Knob Lookout — Rated "E" for Everyone!	Coutant	E
4-6	FRI-SUN	Trailwork	Chapter Trailwork — Long Lake-Northville Lake Placid	Ellis	
5	SAT	Walk	Spring Bird Walk — Peebles Island State Park	Speidel	C
6	SUN	Hike	Second Pond	Whitney	B-
6	SUN	Canoe/Kayak	Schroon River	Thorn/Bouder	A-
6	SUN	Bike	North Hudson/Newcomb — Bike Ride	Mackey	A
8	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
9	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
10	THURS	Kids Trip	* Kids Trip* — Glen Lake Kids Paddle	Mackey/Coutant	C
12	SAT	Hike	Moose and Shaw Ponds, Newcomb	Crammond	B+
12	SAT	Walk	Spring Bird Walk — Wilton Wildlife Preserve and Park	Speidel	C
15	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
15	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
16	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
17	THU	PROGRAM	Roger Fulton's Costa Rica — Saratoga Springs Public Library		
19	SAT	Walk	Spring Bird Walk — Pack Forest, Warrensburg	Speidel	C
19	SAT	Hike	*Fire Tower* — Overlook Mountain and Lunch (Catskills)	Lester	B
20	SUN	Canoe/kayak	Henderson Lake Paddle	Bouder	B
20	SUN	Paddle	Hudson River	Bouchard	A
20	SUN	Canoe/Kayak/Climb	St. Regis Mountain Canoe/Kayak & Climb	McLean	B-
22	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
23	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
23	WED	MEETING	Outings Leaders Meeting — Glens Falls Nat'l Bank	Schwankert	
27	SUN	Hike	Jay Range	Whitney	B+
29	TUE	Walk	Nordic Walking — Crandall Park	Rodd	C
29	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
30	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
31	WED	Bike	Mountain Bike — Moreau State Park	Mackey	B



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.

MOONLIGHT HIKE — PROSPECT MOUNTAIN

Saturday, March 3

Time: 3:30 p.m.

Rating: B

Bob Aspholm 798-8599, pine4422@yahoo.com

Fran Saurez 587-8612

Please note that location of outing is revised to Prospect Mountain due to more favorable location to see moonrise/lunar eclipse. About 5:40 p.m. will be almost in sync moonrise and beginning of lunar eclipse. If we get clear weather that evening this should be quite a treat. Bring winter gear, hot drinks and flashlight/headlamp. About 2 miles round trip and 1,650 ft. ascent. Bad weather will cancel but hope for the best!

GOETHICS AND ARMSTRONG

Saturday, March 3

Time: 7:00 a.m., Ausable Club parking lot

Rating: A+

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

We will head up the Ausable Club Lake Road and then up the Beaver Meadow Falls Trail to the col between Gothics and Armstrong. First, Gothics and then Armstrong, or possibly Armstrong then Gothics. We may throw in Sawteeth and Pyramid, or possibly Upper Wolf Jaw if the weather is good and we decide to descend via a loop trail. A full day with dinner in Keene Valley will finish the trip.

YMG FIRE TOWER CHALLENGE* — LEADER'S CHOICE

Saturday, March 3

Time: 7:30 a.m.

Rating: B+

Jonathan Lane 693-1610 or saratoghiker@infogorp.com

It's the leader's birthday weekend, so this hike will be a good one!

This snowshoe hike will take us up one of the easier Fire Tower peaks. How far we travel to our hiking destination will be determined by the weather. Dress warmly and in layers! Contact me for more details.

AUSABLE CLUB ROAD/FISH HAWK CLIFFS XC SKI

Saturday, March 3

Time: 7:00 a.m.

Rating: A

Sheri Shevy 854-9167

For this trip I'm looking for those who like to ski and snowshoe. We will ski down the Ausable Club Road approximately 3.2 miles, then switch to snowshoes for .8 miles on a trail with many switchbacks and ladders along the way. The last .2 miles takes us to the cliffs which have magnificent views of the Upper and Lower Ausable Lakes and the great range. This makes our outing a total of 8.4 miles with an ascent of 1,450 feet. For an added treat, we could take a little detour to view Rainbow Falls which should be spectacular at this time of the year.

ALGONQUIN, IROQUOIS AND WRIGHT

Sunday, March 4

Time: 5:30 a.m.

Rating: A+

Neal Andrews 899-5500 or Wantlocks@aol.com

We will do the traditional ADK Loj approach saving Wright for last on the way back. Full winter gear and crampons needed for the traverse of this potentially very icy ridge. Early start is early home ... Headlamps required.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, March 6

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937 or sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! I have a couple extra poles for people to try out before deciding on buying poles. Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. You get more bang for your buck without undue stress! Group interest and fitness determines length and speed of activity. Planning a 2.5-mile loop at a brisk pace. We'll go "til you cry Uncle"!

GLENS FALLS AREA WEDNESDAY MORNING WALK/SKI

Wednesday, March 7

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojim@adelphia.net

Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

CRANDALL PARK EVENING XC SKI

Friday, March 9

Time: 7:00 p.m.

Rating: B/C

Maureen Coutant 745-7834 or mojim@adelphia.net

Maybe March will have more snow than January? We'll be skiing through Crandall Park — as long as we have enough snow for the lights to be on! We'll meet behind the Inside Edge on Glen Street near the trail entrance. Afterward, we'll head over to Cool Beans for some hot coffee or cocoa to warm up. Call for more info.

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



***YMG* XC SKI OR HIKE HOLMES LAKE**

Saturday, March 10

Time: 8:00 a.m., Burger King, Route 30A, Gloversville

Rating: B

Jessica Gottung: 725-3859 or jgottung@frontiernet.net

From Bleeker, we will follow the trail to Holmes Lake and Little Holmes Lake. With enough cars we can make this a through trip and add Bellows Lake and Irving Pond, ending up in Caroga Lake. This trail makes a great XC ski trip when the streams are frozen and there is enough snow. The trail is mostly flat with a few rolling hills, but heavily used by snowmobiles. An early start will help limit our encounters, but I have yet to come across a rider that wasn't gracious in sharing the trail. Our trip will be about 10 miles. Be advised the leader will be bringing along a friendly canine companion.

MACOMB

Saturday, March 10

Time: 6:00 a.m.

Rating: A

Jim Weed 584-970

Slide Brook, here we come! Some bushwhacking and some slide travel all in one nice neat package. Should be fun. Mileage in the 10-12 range, with some travel on the "road" to get to the brook. Depending on the winter, snow conditions will vary. We could see deep snow and spend a lovely day on snowshoes, or we could see a lot of ice, and find ourselves swapping times with crampons. Call leader for details, and monitor the websites for conditions as the trip nears.

EREBUS

Sunday, March 11

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

Erebus has no trail, no views from the top, and no crowds. But 5 minutes from the top there's a place to peek into the Narrows of Lake George. 10 miles (2 trailless), 1,500-foot ascent, moderate pace.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, March 13

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937 or sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! I have a couple extra poles for people to try out before deciding on buying poles. Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. You get more bang for your buck without undue stress! Group interest and fitness determines length and speed of activity. Planning a 2.5-mile loop at a brisk pace. We'll go "til you cry Uncle"!

GLENS FALLS AREA WEDNESDAY MORNING WALK/SKI

Wednesday, March 14

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojim@adelphia.net

Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

***YMG* — *FIRE TOWER CHALLENGE* — LEADER'S CHOICE**

Saturday, March 17

Time: 7:30 a.m.

Rating: B+

Jonathan Lane 693-1610 or saratogahiker@infogorp.com

This snowshoe hike will take us up one of the easier Fire Tower peaks. How far we travel to our hiking destination will be determined by the weather. Dress warmly and in layers! Contact me for more details.

THOMAS AND CAT MOUNTAINS

Sunday, March 18

Time: 8:00 a.m.

Rating B+

Bob Aspholm 798-8599, pine4422@yahoo.com

These two mountains are on the west side of Lake George and offer views toward the familiar mountains across the lake. We'll start from the Valley Woods Road trailhead and ascend up Thomas first and get the views from the cabin. Then we'll strike out across the ridge along a new trail directly over to Cat. Great views from Cat, and then we'll head back on the valley trail. About 8 miles and about 1,000' ascent/descent.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, March 20

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937 or sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! I have a couple extra poles for people to try out before deciding on buying poles. Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. You get more bang for your buck without undue stress! Group interest and fitness determines length and speed of activity. Planning a 2.5-mile loop at a brisk pace. We'll go "til you cry Uncle"!



GLENS FALLS AREA WEDNESDAY MORNING WALK/SKI

Wednesday, March 21

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

JAY RANGE

Saturday, March 24

Time: 7:00 a.m.

Rating: A

Ron Lester 899-4187 or muleskinner46er@hotmail.com

Round trip is approximately 7 miles with maybe 1,800 feet of ascent. Lots of airy open views on the traverse of this rocky ridgetop. This trip fits well with the winter hiker's dinner that evening in Lake Placid.

NUNDAGAO RIDGE

Sunday, March 25

Time: 7:00 a.m.

Rating: B+

Jayne Boudier 793-3770

This is a picturesque 6-mile loop. 1,500 feet of ascent, moderate to leisurely pace.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, March 27

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937 or sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! I have a couple extra poles for people to try out before deciding on buying poles. Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. You get more bang for your buck without undue stress! Group interest and fitness determines length and speed of activity. Planning a 2.5-mile loop at a brisk pace. We'll go "til you cry Uncle"!

GLENS FALLS AREA WEDNESDAY MORNING WALK/SKI

Wednesday, March 28

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

MARCY GRAY AND SKYLIGHT

Saturday, March 31

Time: 5:00 a.m.

Rating: A+

Neal Andrews 899-5500 or Wantlocks@aol.com

This will be an around-the-mountain depending on the weather. I'm thinking we will go up to Lake Arnold and then down and around to Gray, Skylight and then back over Marcy to the Loj. It will be spring but I am sure we will be able to find some winter on this trip. Final route decided by the group and the weather. Crampons, snowshoes and headlamps will be needed for sure.

MOREAU PARK WALK — KIDS' TRIP

Saturday, March 31

Time: 10:00 a.m.

Rating: C, slow and easy

Maureen and Jim Coutant 745-7834 or mojom@adelphia.net

Join us and our 4 year old as we explore the loop around Mud Pond. A fairly short hike with beaver activity and a beaver lodge to look forward to. Bring along a snack and a little tin pail to collect treasures along the way — pine cones, stones, and feathers? Call or e-mail for more information.

***OMG* — CRANE MOUNTAIN SNOWSHOE**

Sunday, April 1

Time: 8:00 a.m.

Rating: B

Reg Prouty 747-9736 reg46r4734@yahoo.com

Jack Whitney 793-9210 jack1758@adelphia.net

Last chance to snowshoe for this year! This is an older members group hike but younger members are also welcome. If there is no snow, no butt sliding will be permitted and this will be a hike. Great day in the Adirondacks! Roundtrip distance around 6 miles.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, April 3

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937, sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.



GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, April 4

Time: 9ish-11ish

Rating: C or D (Short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

SARATOGA NATIONAL HISTORICAL PARK

Saturday, April 7

Time: 9:00 a.m., Visitors parking Lot Off Route 32, Stillwater

Rating: B-

Rich Crammond 583-2380

Moderately strenuous 7-8 mile hike through forest, fields and tour road. Easy pace. (Think Spring = Mud)

FIFTH PEAK — FAMILY HIKE

Sunday, April 8

Time: 11:00 a.m.

Rating: B

Neal Andrews 899-5500 or Wantlocks@aol.com

After we make sure the Easter Bunny has made his rounds we will get a late start to climb to the lean-to at Fifth Peak. The leader is the adopter of this lean-to. We will hopefully have a dry trail and it will be before the bug season is in full swing. Good views down the lake, weather permitting. 5 miles round trip with some steep sections on the way up. (Slow to moderate pace, perhaps too fast for the very young)

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, April 10

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937 sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2.5-mile loop at a brisk pace.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, April 11

Time: 9ish – 11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

GLENS FALLS PARK WALK FOR KIDS

Friday, April 13

Time: 10:00 a.m.

Rating: C

Maureen Coutant 745-7834 or mojom@adelphia.net

Join us for a walk through Coles Woods and Crandall Park. We'll identify some spring wildflowers, look for turtles and frogs, and check out the stream flowing through Coles Woods. Bring a snack and lunch — the kids can play at the playground too.

HOFFMAN NOTCH

Saturday, April 14

Time: 7:00 a.m.

Rating: B+

Rich Crammond 584-2380

Jayne Boudier 793-3770

Let's spend a day in a wild mountain pass. 9 miles and 500 ft. ascent which includes a side trip into Hornet Notch. Moderate and leisurely pace.

NEW MEMBER HIKE/FIRE TOWER — HADLEY MOUNTAIN

Sunday, April 15

Time: 9:00 a.m.

Rating: B

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

Hadley Mountain offers some of the most spectacular views in the southern Adirondacks. There is a restored fire tower on the summit with a caretaker's cabin just below the summit. This is a short hike (3.6 miles round trip with 1,525 ft. of elevation gain) with a steady ascent and a level section in the middle. The pace will be relaxed and, weather permitting, lunch on the summit. Rain will cancel the hike. New members are encouraged to participate.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, April 17

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937, sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.



GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, April 18

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

FIRE TOWER HIKE — GOODNOW MOUNTAIN

Saturday, April 21

Time: TBD

Rating: B

Pat Desbiens 899-9688

Reg Prouty 747-9736

Call leaders for details.

LOON LAKE MOUNTAIN FIRE TOWER

Sunday, April 22

Time: 5:30 a.m.

Rating: A

Jayne Boudier 793-3770

Why wait for the state to cut a trail to the top, when we can bush-whack there and beat the crowds? 9 miles (3 trail-less) includes a side trip to Skiff Pond. Great views of the northern Adirondacks — the High Peaks, Lyon, Debar, and Azure Mountains, northeast of Paul Smiths.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, April 24

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937, sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, April 25

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

HOVEY POND PARK EXPLORE — KIDS' TRIP

Friday, April 27

Time: 10:00 a.m.

Rating: D

Maureen Coutant 745-7834 or mojom@adelphia.net

Come see the spring flowers, explore the boardwalk through the wetlands, look for frogs, ducks and fish. We'll walk around the lake and have a picnic lunch if the weather allows. Call or e-mail for more info.

WEST BRANCH OF THE SACANDAGA PADDLE

Saturday, April 28

Time: 8:00 a.m.

Rating: A

Ray Bouchard 893-7314, rayboo_66@earthlink.net

This is a 10-mile one-way paddle along a peaceful slow meandering stream. There was one beaver dam that had to be carried around the last time I was there but conditions do change. As we paddle along we'll be able to view the rolling hills of the Silver Lake Wilderness Area to the east and the Ferris Lake Wild Forest area to the west. We'll plant at least one car on Route 10 near the entrance to the "Shaker Place" which will allow us to follow the current starting at the southern most intersection of the West Branch and Route 10. See the USGS map, Piseco, for more details. I would suggest that everyone pack a spare set of clothes in a waterproof bag just in case. The water will be very cold at this time of year.

YMG — *ADIRONDACK QUEST* — LEADER'S CHOICE

Saturday, April 28

Time: 7:00 a.m.

Rating: B

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

This hike will count toward the Adirondack Quest. How far we travel to our hiking destination will be determined by the weather. Elevation gain will be minimal. Contact leader for more details.

THOMAS COLE & BLACK DOME

Sunday, April 29

Time: 7:30 a.m., Fire Road Commuter Parking Lot, east of Northway Exit 9.

Rating: B+

Bill Bechtel 399-1206, william.bechteler@ge.com or Pat Desbiens 899-9688, pdesbien@nycap.rr.com.

This is one of the prettier Catskill Mountain hikes, with beautiful forest and views at this time of year. Hike begins on Barnum Road just outside of Maplecrest, NY. Round trip distance, out and back is 6.5 miles with 2,080 feet of ascent. If time permits, those interested can tackle Blackhead, which is on the same ridge beyond Black Dome and is another 2.4 miles and 1,000 feet of ascent.



OLD FAR

Sunday, April 29

Time: 8:00 a.m.

Rating: A

Bob Aspholm 798-8599 or pine4422@yahoo.com

Old Far is a 2,300 ft. mountain by the West Mill Brook drainage east of the Dix Range but, not too far from the Northway. We'll park on Route 9 and hike the mile or so to the culvert under the Northway and follow the old path along the brook and when we turn left on a drainage; we'll follow it up the west side of the mountain to the summit. Great views to the north. Return via nearby Jug Mountain and back to the valley path. About 6 miles round trip and about 1,300 ft. ascent. Almost all of this outing occurs off marked trails, so be prepared.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, May 1

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937, sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evenings, May 1

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojim@adelphia.net

I have a Precision "Swifty" 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, May 2

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojim@adelphia.net

Join me for a brisk short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

PILOT KNOB LOOKOUT

Friday, May 4

Time: 10:00 a.m.

Rating: E — for everyone — kids, families, singles, grandparents, whatever.

Maureen 745-7834 or mojim@adelphia.net

We'll meet at Bruegger's Bagels and then go up to Lake George for an easy hike up to the gazebo on Pilot Knob. My 4 year old and I plan to hike up for lunch in the gazebo. After that, we'll probably stop at a nearby park. Call to sign up and for more details!

TRAIL WORK NORTHVILLE-PLACID TRAIL

Friday-Sunday, May 4-6

Time: 9:30 a.m., Long Lake boat launch

Rating: B

Tom Ellis 638-6139

We are going one week earlier this year to avoid Mothers' Day weekend and hopefully have more people show up for a fun weekend and some good work. We will meet at the Long Lake boat launch at 9:30 a.m., Friday, May 4. We can arrange a boat ride on Friday night if need be. We will camp at Kelly's Point and work from there. Call leader for more details.

SPRING BIRD WALK PEBBLES ISLAND STATE PARK

Saturday, May 5

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, and 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, good walking shoes and patience. We will record the bird species identified. Rain date is Sunday, May 6.

SECOND POND

Sunday, May 6

Time: 8:00 a.m.

Rating: B-

Jack Whitney 793-9210 jack1758@adelphia.net

In the shadow of Gore Mountain, northeast of Sodom just past Windover Lake. A narrow trail winds its way through open woods along the shoulder of Height of Land Mountain. It leads to a small pond where wild flowers line its shore. An island and hills in the distance adds to one of the most mystical areas in the Adirondacks ... That is what Spud Perkins told me and he hasn't been wrong yet! Round trip distance is about 5.4 miles.



UPPER SCHROON RIVER CANOE

Sunday, May 6

Time: 8:00 a.m.

Rating: A

Don Thorne 798-0102

Jayne Boudier 793-3770

We'll put in at Schroon Falls, and take out at the Schroon Lake village public dock. Eight scenic miles, with a few easy riffles, great views of Hoffman Mountain, a mile of windblown lake, and no hurry.

NORTH HUDSON-NEWCOMB — BIKE RIDE

Sunday, May 6

Time: 7:00 a.m.

Rating: A

Steve Mackey 793-6484 or smackey@localnet.com

I did this ride with my daughter several years ago and we really enjoyed it (except for the rain and the flat tire). It is around fifty miles which sounds like a lot, but I don't remember it being that hard. There was a lot of uphill on the Newcomb leg. The enjoyable factors are: the road has almost no traffic and there are great views and a truly wilderness feeling. I hope to have lunch somewhere in Newcomb, but I remember the last time that we ate at a bar because there weren't many other choices. I'm flexible that we can turn back early, if the group decides to. Don't let the mileage scare you, my daughter was around 11 or 12 when we last did this. We will go at a reasonable speed, though we obviously aren't walking any hills.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, May 8

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937, sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, May 9

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojim@adelphia.net

Join me for a brisk short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

GLEN LAKE KIDS' PADDLE

Thursday May 10

Time: 1 p.m.

Rating: C

Maureen Coutant and Licia Mackey

Join us for a paddle and explore of Glen Lake. We'll be sticking close to shore to look for wildlife, play acorn fetch, water polo, I Spy ... Call or e-mail for more details 745-7834 or mojim@adelphia.net.

MOOSE AND SHAW PONDS, NEWCOMB

Saturday, May 12

Time: 8:00 a.m., Santanoni Preserve

Rating: B+

Rich Crammond 583-2380

We will meet at the parking lot to the right just beyond the gatehouse at the start of the camp Santanoni trail off Route 28N, Newcomb. It's 0.3 miles from Route 28N to the parking lot across a one-lane bridge. This will be an all-day hike at approximately 13.5 miles round trip. A few hundred feet of elevation change. Moderate pace.

SPRING BIRD WALK WILTON WILDLIFE PRESERVE AND PARK

Saturday, May 12

Time: 8:00 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 "stop-look-listen" and less walking. Please bring binoculars, insect repellent, sharp eyes, ears and patience. We will keep track of the bird species identified. Rain date is Sunday, May 13.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, May 15

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937, sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.



WARREN/SARATOGA COUNTY PADDLES

Tuesday evening, May 15
 Time: TBD ~ 4:00 p.m.
 Rating: Easy
 Maureen 745-7834 or mojim@adelphia.net
 I have a Precision "Swifty" 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 information. Group size limited to 8, so call in advance if interested.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, May 16
 Time: 9ish-11ish
 Rating: C or D (short distances but fairly quick pace)
 Maureen 745-7834 or mojim@adelphia.net
 Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 19
 Time: 8:00 a.m., Pack Forest (3/4 mile north of Routes 9 and 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 "Grandmother Tree", a 175-foot tall white pine some 315 years old. Please bring binoculars, insect repellent, keen hearing, eyesight and patience. We hope to exceed the 34 bird species identified last year. Rain date is Sunday, May 20.

***FIRE TOWER* — OVERLOOK MOUNTAIN-CATSKILLS**

Saturday, May 19
 Time: 8:00 a.m. Northway Exit 11 Park and Ride
 Rating: B
 Ron Lester 899-4187, muleskinner46er@hotmail.com
 A 1-hour, 20-minute drive to the trailhead, that sits above the village of Woodstock. An easy hike up the old carriage road of 2 miles, where we'll stop and check out the ruins of an old hotel (bring a roof if you plan on renting a room). Another half mile to the fire tower, which has expansive views of the Hudson Valley, Ashokan Reservoir, and the greater Catskills. Good views even without climbing the tower, and a picnic table to boot! Afterward, we can stop and wander around the "tourist trap" village of Woodstock for an hour or two. Five miles roundtrip, 1,400' of ascent, leisurely pace. Northway Exit 11, go 1/2-mile west to the Park and Ride on the left.

HENDERSON LAKE CANOE

Sunday, May 20
 Time: 7:00 a.m.
 Rating: B
 Bob Aspholm 798-8599 or pine4422@yahoo.com
 Jayne Boudier 793-3770
 Henderson Lake, near Upper Works, is newly open to the public. We'll spend a leisurely day exploring and enjoying its shores and mountain views. This trip is dedicated to our late friend and fellow canoeist Forrest Farley, who missed out on this one.

HUDSON RIVER PADDLE

Sunday, May 20
 Time: 8:00 a.m.
 Rating: A
 Ray Bouchard 893-7314, rayboo_66@earthlink.net
 This will be a full day's paddle down the Hudson starting at Thurman Station on Route 418 near Warrensburg and ending at the Warren County canoe access site 3/4-mile north of the village of Lake Luzerne. You don't want to miss the take out or you might end up going over a very nasty falls. The flow could vary from placid to fast depending on recent rains as well as snow melt. The water temperature is likely to be on the cold side so I would advise that everyone pack a spare set of clothes in a waterproof bag just in case.

ST. REGIS MOUNTAIN CANOE/KAYAK AND CLIMB

Sunday, May 20
 Time: 8:30 a.m., Paul Smiths College Boat Launch
 Rating: B-
 Mike McLean 315-262-2564, mpmclean@twcny.rr.com
 We will launch our canoes/kayaks at 8:30ish and paddle across Lower St. Regis, Spitfire and Upper St. Regis, admiring the scenery and impressive camps and ditch our canoes on state land in a bay called Spring Cove. From there, a well-defined path intersects the hiking trail to the summit near the former cabin site. St. Regis Mountain has incredible views. A few miles of paddling and a few miles of hiking.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, May 22
 Time: 9:00 a.m., Crandall Park Parking Area on Fire Road
 Rating: C
 Gary Rodd 793-4937, sandgrodd@webtv.net
 Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.



GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, May 23

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

JAY RANGE

Sunday, May 27

Time: 7:30 a.m.

Rating: B+

Jack Whitney 793-9210 jack1758@adelphia.net

One of the greatest ridge walks in the Adirondacks. Enjoy the 360-degree views from the King's chair. Some wildflowers should still be in bloom. Round trip distance around seven miles.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, May 29

Time: 9:00 a.m., Crandall Park Parking Area on Fire Road

Rating: C

Gary Rodd 793-4937, sandgrodd@webtv.net

Please join me for a new way of enjoying the pleasure of regular walking! Nordic walking gives you an all-over body workout and burns at least 30% more calories than regular walking. Group interest and fitness determines length and speed of activity. 2 1/2-mile loop at a brisk pace.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evening, May 29

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojom@adelphia.net

I have a Precision "Swifty" 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 information. Group size limited to 8, so call in advance if interested.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, May 30

Time: 9ish-11ish

Rating: C or D (short distances but fairly quick pace)

Maureen 745-7834 or mojom@adelphia.net

Join me for a brisk, short walk through Glens Falls area parks and other areas while my daughter is at preschool. Crandall and Hovey parks, the bike trail, feeder canal, Hudson Point ... Call a few days ahead for the area we will be exploring and the meeting place and time.

Bear-proof storage containers for rent

Backpackers' Cache

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/weekend;

\$5.00/weekday

Sherpas: \$15.00/weekend;

\$10.00/weekday

Non-Members:

Iversons: \$10.00/weekend;

\$7.00/weekday

Sherpas: \$20.00/weekend;

\$12.00/weekday

MOREAU STATE PARK — MOUNTAIN BIKING

Thursday evening, May 31

Time: 5:30 p.m.

Rating: B

Steve Mackey 793-6484 or smackey@localnet.com

I've mountain biked a little in the park and I know there are some good trails, but at the moment I don't know exactly where I will be going. I hope to scout it out beforehand (maybe with Donnie Dayoff). We will ride for a couple of hours and if there is interest, have dinner afterward. You want to be of intermediate ability because we will be on some narrow singletrack. The last time I did this, I saw a few deer and that was mid afternoon, so hopefully we will see some interesting wildlife. Expect reasonable pace, but not a lot of walking and pushing.



Tuesday Nordic Walking Trip, 12/5/06 through 1/31/07, Gary Rodd, +/- 13 Participants

- The enthusiasm for this activity has continued in spite of icy conditions and the flu! Participants: Margaret Curtis, Albina lentile, Rene Lombard, Cindy Guerdielo, Hilary Wasserman, Sam and Chris Abbey, Gretchen Stark, Amy McDermott, Mo Coutant, Licia Mackey, Shar and Gary Rodd.

Wednesday morning walk — Lake George Recreation Trail, November 22, Maureen Coutant, 5 participants

- It was the day before Thanksgiving when all through the trees, 5 creatures were stirring perhaps not the bees. The mittens were worn by the walkers with care; for fear that Jack Frost would soon be there. The hikers were trudging all through the rocks, while visions of twisted ankles danced with dry socks. And Albina in her headband and I in my cap wished Rene Clarke had brought along a good map. (Just kidding!) Participants: Rene Clarke, Maureen Coutant, Albina lentile, Gary Rodd and Alison Wendling.

Wednesday morning walks — Warren County bike trail, November 29, Maureen Coutant, 8 participants

- This was a continuation of another bike path trip. This time hardly any portion on roads. It was a great section through woods and past Glen Lake. We figured it would be the last trip on the path though due to slippery weather ... until Spring. Participants: Mo and Jim Coutant, Margaret Curtis, Albina lentile, Licia Mackey, Gary and Shar Rodd, Bill Schwarz

Blueberry, Porter and Cascade, December 3, Jayne Boudier, Jack Whitney, 6 participants

- Mud became frost as we ascended the ridge, and it began to look a little more like winter. Exceptional place, beautiful day! Participants: Ken Austin, Jayne Boudier, Pat Desbiens, Cindy Oas-Kirk, Kerry Shea, Jack Whitney.

Wednesday morning walk — Moreau State Park, December 6, Maureen Coutant, 6 participants

- We tried to avoid slipping on a few icy spots on the roads while we explored the campgrounds. Then we walked around the lake and to the beaver lodge on Mud Pond. We all had a great time finding new areas we hadn't seen before. Participants: Maureen Coutant, Albina lentile, Licia Mackey, Gwenne Rippon, Gary and Shar Rodd.

Crane Mountain and Crane Pond, December 9, Ray Bouchard, 8 participants

- The weather wasn't the greatest but our spirits were high. The trail was tricky because there was a fair amount of ice covered with an inch of snow so you never knew what was underfoot until you took the step. Fortunately, we all made it out with only minor bumps and bruises. The trail hasn't changed much in the past 10-20 years, namely trail markers are practically non-existent. Participants: Peter Bishop, Ray Bouchard, Dave Bunn, Rich Crammond, Laura Fiske, Bill Leitch, Art Ostrov, Neal VanDorsten

Pilot Knob, December 10, Bob Aspholm, 9 participants

- It turned out a great day for this outing to the summit (2,163 ft.) of Pilot Knob and the nearby plane wreck site. After a bask in the sun for a while we headed down to the wreck site maybe only 100 ft. below the summit. After a quick visit to the site we headed back to the old tote road. All in all, a great day. Participants: Bob Aspholm, Jayne Boudier, Pat Desbiens, John Susko, Katherine Prevost, Jean Holcomb, Bill Carpenter, Jean Rich, Jack Whitney.

Camp Saratoga, December 16, Rich Crammond, 4 participants

- This hike took place on one of the best December days I have ever seen. The Mallards were swimming free from ice. Camp Saratoga land has some nice tall pines on it; nice to hike through. A fine group of ADK hikers. Participants: Laura Fiske, MaryAnn Moran, Dan Landue and Rich Crammond.

Seward Mountain, December 23, Ron Lester, 9 participants

- The good news: we were able to easily drive in to the summer trailhead. It was pretty much a "slopfest" after that. Intermittent rain, mud, chills and spills. When we finally started hiking in snow, about half way up the herdpath, there were nasty little streams and pools lurking under said white-stuff. Intrepidly advancing ever upward, this band of "wetlings" persevered to the summit, where upon our chapter third vice chair, Heidi teReile, was issued in to the ranks of the Adirondack 46ers. As anti-climactic a finish to the quest of the sacred 46, as you wouldn't hope for. Hell, we all cheered anyways as nothing can extinguish the spirit of a winter High Peaks hiker. This was also #45 Winter for Heidi with only Tabletop to go! Shot some soggy photos and then sounded the retreat. Just as we were leaving someone was heard to mutter, "I've been on some doozies before, but this one takes the cake!" ... The Choir Agreed. Participants: Dan "really!, my feet are dry" D'Angelico, Bill Bechtel, George Banks Jr. and Sr., Dan Dolan, Jacki Bave, Heidi teReile, Ron Lester, Patrick Torosian.

Santanoni Great Camp Ski, December 30, Ray Bouchard, 7 participants

- We proved the doubters wrong, there was skiable snow in Newcomb on December 30th. If it hadn't snowed a couple of times during the week the ski trip would have become a hike but as luck would have it we had 5" of snow. The conditions were perfect, soft snow, warm temps and fresh snow falling from the sky as we made our way in. What more could you ask for? Participants: Ray Bouchard, Rich Crammond, Matt Dickson, Jim Dickson, Patricia Passen, Michele Sellingham, Sandy Yellen

Wednesday morning walk — Queensbury XC trail, January 3, Maureen Coutant, 6 participants

- After many attempts in December, we finally got back to the XC trails again. We looped around a couple of times. We hoped for snow so we could ski them, but as of the end of January ... no luck! Participants: Maureen Coutant, Albina lentile, Renee Lombard, Gary and Shar Rodd, Bill Schwarz.



Moreau State Park Western Trails, January 7, Bill Schwarz, 17 participants

- For the second year in a row, this snowshoe tour turned into a hike — and all the hikers came out of the woodwork! It was a mild and sunny day as we started the Orange Trail at the foundations of the old Cottage Hotel. Then we climbed the Palmerton Range for views of the Hudson River, Spier Falls Dam, and (on the other side) Moreau Lake itself. We saw a few deer, and relaxed on several of the rocky overlooks. Trip distance was about seven miles. Thanks to Pat for making sure the stragglers made the correct turns! Participants: Ray Bouchard, Jayne Boudier, Dave Bunn, Cathy Corrigan, Pat Desbiens, Susan Hodgson, Thomas Hodgson, Beth Johansen, Bill Leitch, Mary Ann Moran, Kathy Prevost, Bill Schwarz, Sheri Shevy, Don Thorn, Janet Twardzik, Mike White, Jack Whitney.

Haystack Mountain (from ADK Loj), January 7, Randy Caldwell (Mike McLean), 8 participants

- The rain and unseasonable temperatures stayed away today, but the remnants are felt with mud and more ice than snow on this hike. The weather for January was balmy, and the sun and little wind made for a leisurely stay on the summit. We split into two groups on the way out with the first arriving back at the Loj at 6:00 p.m. and the second at 6:40 p.m. Everyone agreed that it was a great day. Participants: Randy Caldwell, Denise Mongillo, Mark Havis, Gloria Daly, Andrea and Rich Wright, Arthur Boni, Kerry Shea.

Wednesday morning walk — Glens Falls Civic Center, January 17, Maureen Coutant, 4 participants

- This was probably the first ADK event at the civic center! With the ice covering all the trails and the cold outside, this seemed to be the only option. The music didn't make up for the outdoor atmosphere, but it was good to get some exercise and enjoy each others' company! Participants: Maureen Coutant, Margaret Curtis, Gary and Shar Rodd.

Wednesday morning walk — Queensbury neighborhood, January 24, Maureen Coutant, 6 participants

- With not enough snow to ski, we hit the streets of Queensbury this week. We walked through "the Pines" (a Queensbury neighborhood) and picked house colors and styles we liked and tried to find Gary's cousin's house! Participants: Maureen Coutant, Margaret Curtis, Gwenne Rippon, Gary and Shar Rodd, Hilary Wasserman.

Mount Marshall, January 28, Pat Desbiens and Jayne Boudier, 6 participants

- This was supposed to be a Jack Whitney-led trip; however, due to a last minute need to work (ugh!) Jayne and I were appointed co-leaders. We lucked out with a beautiful day and a heartfelt thank you to the people who left earlier than we did and broke the trail all the way to Marshall. The cold weather of the previous week allowed us to walk across Flowed Lands cutting off a little bit of mileage and this was the first time this season we actually had to wear snowshoes. A good group of hikers with all making the summit and Jayne determined to find a view to take her 560th picture of the day! Participants: Peter Abreu, Eberhard Burkowski, Kevin Cox, Stuart Kurtz, Jayne Boudier and Pat Desbiens.

Pharaoh Lake, January 21, Jonathan Lane, 5 participants

- It was sure cold out — below zero! And parts of the trail were a bit icy without enough snow for snowshoes. But, we kept up a good pace and kept warm. We were all glad it wasn't windy — very calm and peaceful. Participants: Jonathan Lane, Bill Morse, Jason Roskens, Rachel Silverstein, Justin Trana.

Dial and Nippletop, January 13, Steve and Heather Mackey, 7 participants

- We weren't able to ski in on the road, but we knew it before we left, so we didn't even bring skis with us. We carried our snowshoes and never needed them. We had a teasing of sunshine, but it never cleared enough to get good views. It was also a little thicker on the descent than I remember, but considering it is in the High Peaks, and considering how thick it can be on other High Peaks, it was a "walk in the park." Good group, nice day. Participants: Steve and Heather Mackey, Bill Morse, William Bechtel, Sterling Salter, Rich (?), Mike Fuller.

Avalanche Pass — Ski, January 28, Steve and Licia Mackey, 4 participants

- It ended up that only four of us went (with 3 being family), but conditions were close to excellent. There were a few big rocks above Marcy Dam that weren't completely covered, so sometimes you had to lift up one ski on the way by. Coming down the big hill from the pass, I only fell once (slide out, trying to stop, doesn't count), so I was happy that the first time skiing this year, I hadn't forgot how. It was the typical either Nordic or Alpine ski trip, where you need to convince yourself that conditions aren't as bad as you are seeing out in your back yard. If we lead it next year, I hope we get a better turnout. Participants: Steve and Licia Mackey, Jim Mackey, Jan King.



Outing instructions

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

SIGN UP INFORMATION

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) Bruegger's unless otherwise noted in the trip description. Be there and ready to depart at the posted time.

MEETING PLACE INFORMATION

BRUEGGER'S BAGEL BAKERY

Queensbury Plaza, 711 Upper Glen Street, Glens Falls, NY 743-0097

• From NORTHWAY (I-87)

Take Exit 19 and go east on AVIATION/QUAKER Rd. Follow .5 miles to RTE. 9/GLEN ST. Turn South (RIGHT) onto RTE.9, then left at the light into the QUEENSBURY PLAZA. Park on the Rte.9 side of the parking lot near BRUEGGER'S

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 can expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented "Shell" pants, jackets and mittens are commonly used with warm layers beneath.

BECOME AN OUTINGS LEADER

Ask any Chapter Leader for details. Offer to CO-lead to get the 'experience'! We're always looking for new leaders to help share the fun while "filling in the calendar." New faces offer more varied outings while sharing 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)

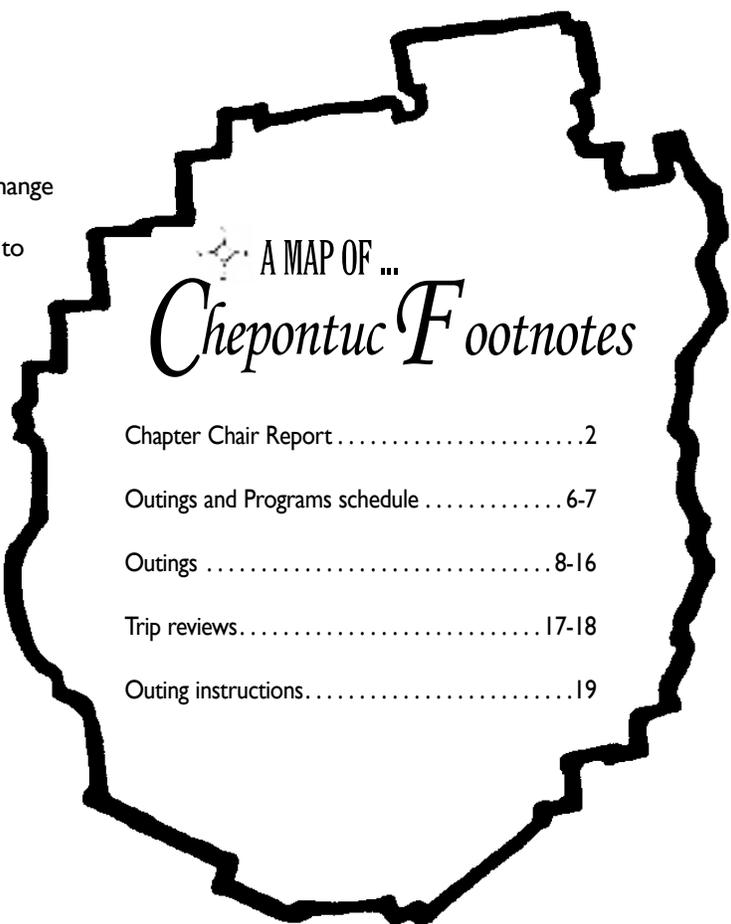
Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and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



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Glens Falls-Saratoga Chapter Adirondack Mountain Club
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