



Chepontuc Footnotes

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

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

Save the Date!

Membership barbecue & social gathering planned

When: Saturday, June 17, 2006

Where: Moreau Lake State Park

Time: 10 a.m. to 4 p.m.

Details to follow in the May *Chepontuc Footnotes*.

Bring your family; invite a prospective 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.



BIG SLIDE, JANUARY 22 — Postponing a hike up Big Slide by a day due to poor weather proved to be a great idea. This group was rewarded with sunshine and warm temperatures — not to mention wonderful views at the top! Pictured are: (back row, from left) Tony Defrancesco, Denise Mongillo, Melody Hoffman, James Dean, Kevin Cox; (front row, from left) Cindy McLean, Randy Caldwell, Mark Havis, and hike leader Mike McLean. To read the review of this January 22 hike, please see page 13.

Take a scenic trip through the Swiss Alps

The Glens Falls-Saratoga Chapter will host a presentation by ADK Executive Director, Neil Woodworth. Neil will present a slide program of an ADK Adventure Travel trip to the Valais region of the Swiss Alps, with Inn to Inn hiking to the high divide between Switzerland and Italy. The photographic essay will also showcase hiking in the high country above Zermatt in the shadow of Matterhorn. The program will be held at 7 p.m., Thursday, March 16, at Saratoga Springs Public Library.

Neil, ADK Executive Director and coun-

Program

'HIKING IN THE SWISS ALPS'

WHEN: 7 P.M., MARCH 16

WHAT: TALK, SLIDE SHOW WITH NEIL WOODWORTH

WHERE: SARATOGA SPRINGS PUBLIC LIBRARY

sel has sixteen years of experience working with ADK to protect wilderness in New York State and to promote the club's programs in education, conservation, and responsible recreation. He has represented ADK in a variety of legal cases involving wilderness protection of the Adirondack and Catskill Forest Preserve, public navigation rights on rivers and acid rain regulation.

Prior to his service with ADK, Neil is a graduate of Hobart College and Albany Law School, and was an attorney working with Seymour Fox., P.C. He has

received appointments to the Congressional Northern Forest Land Council, the Governor's Task Force on the Adirondack Park Agency, the Governor's Task Force on Military Overflights, the Empire State Task Force for Land and Water Conservation Funding, and the New York State Forest Preserve Advisory Committee.

Within ADK, Neil has served in many volunteer positions including: second vice committee chairman, and member of the Albany Chapter Outings Committee. Neil is active in many outdoor pursuits, including hiking, canoeing, backpacking, backcountry skiing, and bird watching. As an Adirondack Forty-sixer (No. 2036), he has climbed all of the highest mountains in New York State.

Spring gathering scheduled

BY JIM SCHNEIDER

Save the date: Saturday June 17th. We will be having a chapter gathering at Moreau Lake State Park from 10 a.m. to 4 p.m. Our annual chapter dinner in the fall is so tremendously popular that we sell out every year. And the evening goes by so quickly that we never get to visit with all our friends; both old and new. When we're out hiking or paddling, we're usually on the move all day. So, here's a chance to relax, hang out, and catch up with everyone. I want to encourage new and/or reluctant members to join in. This event is for everyone. Moreau Lake State Park is the perfect venue. There's paddling, swimming, hiking on all the new trails, food, drink, fun, and good people. Don't miss it!

Random thoughts:

• Spring is trail work time. There's good work to be done. We had early snow last October when the trees were still leafed out that resulted in many small, but annoying fallen tree-caused trail blockades. Your help is needed. Your chapter maintains nearly the entire Tongue Mountain range trail network (Lake George) and the Northville-Lake Placid Trail (Long Lake to Shattuck Clearing section). If you can give a day or weekend; we will give you the tools, the training, and an experience that you will reflect upon for quite some time. Good work awaits you and you'll feel really good about doing it. Give me a call or send me an e-mail and I'll hook you up with a project.

• Mud season is a very delicate time for trails. As you plan your

early spring hikes, please be mindful of your routes. In this newsletter we have the yearly reminder from DEC of trails to avoid and trails to explore. Why not explore some lower elevation destinations in the southern or central Adirondacks? Early spring is a good time to embark on our chapter-sponsored Fire Tower Challenge. There are 23 fire tower summits in the Adirondacks and five in the Catskill Park. To complete the Challenge, one must climb 18 of the 23 fire tower summits in the Adirondacks and all five in the

Catskills. Visit <http://www.adk-gfs.org> and click on "FIRE TOWER CHALLENGE" for detailed information.

• Look for our "late-breaking ADK news" e-mail notification sign-up, coming soon. Important ADK news will come to you via the e-mail notification network.

• Your chapter wants to know how we can better serve you. Be on the lookout for our web survey as your committee chairs seek feedback on our programs. Help us to help you by responding to the survey.

• It's shaping up to a great year for our chapter. Membership is strong; many chapter members are getting involved in projects for the first time and really enjoying the experience. Things are really happening: great programs, outings, projects — if you want to help out, simply drop me a line and I'll hook you up.

— Jim Schneider

CHAPTER CHAIR Report

If you have a spare day or weekend, we could use your help with spring trail work.

We'll provide tools and training and a great experience!

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Winter 46ers gathering planned

9th Annual Gathering of Adirondack Winter Climbers! — Saturday, March 25, 2006
Holiday Inn Crowne Plaza, Lake Placid Social
hour 5-6 p.m. Dinner 6 p.m.

RSVP and payment due by March 11.
E-mail: Peggy MacKellar pegmack@logica
l.net (Please type "RSVP" in subject line)

Cost is \$21/person, kids \$15. It is a full buffet with several entrees, veggies, potato, salad and dessert. There will be a cash bar. Many of the women Winter 46ers who are in the new book, "Women with Attitude," will be there and can sign books if folks bring their copies.

Checks are to be made out to the

ADK 46ers and should be sent to: Peggy MacKellar 165 Elm St. Lake Placid, NY 12946 Phone: (518)523-1341

For the last eight years, there has been a dinner gathering of Adirondack winter hikers. It's always on the first Saturday after the end of official 46er Winter (always 3/21). It's a gathering, not an official meeting, so there's no agenda, business, awards, voting, etc. The only semi-formal part of the evening is when people who have just finished their Winter 46 introduce themselves, and say something about their experience. 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. You may even meet the people who go with the names you've seen in trail registers, or still remember from the summit canisters. 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, if you think it wise to let them meet us.

If you have an old name tag or button from a previous 46er meeting or elsewhere, please bring it so we'll get to know each other sooner.

Battenkill, the river next door

Sometimes we look far off into the distance to find adventure and excitement and end up neglecting the wonders close to home. Not too far west of Saratoga Springs and Glens Falls on the eastern border of New York and the western fringe of Vermont there is such a wonder. It is called the Battenkill River. The Battenkill River is fifty miles long and a tributary of the Hudson. The length of the river is split nearly evenly between New York and Vermont. The headwaters are in Vermont flowing from both the wetlands bordering the Taconic Range in Dorset and from a number of forested streams in the Green Mountains, northeast of Manchester. The mouth of the river is at Clark's Mills, NY, where it empties into the Hudson. Not a big river by any standard but what it lacks in size it more than makes up for in natural beauty.

During the course of its flow the Battenkill offers some of the best trout fishing anywhere in the world, but more than that it is a spectacularly charming and mellow water course that meanders through Washington County like a sleek silver ribbon passing under no less than

Program

'BATTENKILL,
THE RIVER NEXT DOOR
WHEN: 7:30 P.M., APRIL 20
WHAT: MULTIMEDIA
PRESENTATION
WHERE: FIRST PRESBYTERIAN
CHURCH, GLENS FALLS

four covered bridges along the way. In the last several years it has become a summer destination for canoers, kayakers, tubers and swimmers. It is a haven for birdwatchers and picnickers and there are even hiking trails in the watershed.

Helping to preserve this natural treasure is an organization called the Battenkill Conservancy.

The Conservancy is attempting to protect the river through educational workshops, school involvement and public activities. They monitor the stream velocity, flow, dissolved oxygen, temperature, pH and microorganisms of the river. They keep the public aware of the quality of the stream by preparing a multi-year water quality report and working with other River Watch programs within the Hudson River Drainage Basin.

Come and join us at our April program at the First Presbyterian Church in Glens Falls at 7:30 p.m., Thursday, April 20, where members of the Battenkill Conservancy will give a multimedia presentation on the river's storied history and its importance as a recreational waterway.

Four students receive chapter sponsorship

The Glens Falls-Saratoga chapter of the Adirondack Mountain Club is pleased to announce the recipients of their 2006 sponsorships of youth who will be attending DEC summer programs at camps Colby and Pack Forest. This year's selections for Camp Colby are Cheyenne Moses of Stony Creek and Carson DeLuke of South Glens Falls. Pack Forest participants will be Deanna Russell of Amsterdam and Elizabeth Lane Stolefano of Albany. Each of these individuals will be given the opportunity to partake in a number of environmental and group dynamic activities at the expense of our local ADK chapter.

Bear canisters available for rent

Eastern Mountain Sports stores in Saratoga, Albany and Niskayuna rent bear canisters for \$2 a day. We urge people who need them to reserve them free of charge to be sure one will be there when they need it! With the new bear canister regulations strictly enforced in the High Peaks, it's a good idea to use one. Pick one up at EMS before you head out. Bear canisters can also be purchased or rented from ADK. Contact ADK at 518-668-4447 or adkinfo@adk.org.



Chapter to sponsor teen trail workers

The Glens Falls-Saratoga Chapter has long sent students to summer camps run by the New York State Department of Environmental Conservation (DEC). In this popular program, the Chapter sends up to four campers to Camp Colby or other DEC camps and has provided many students with great introductions to the Adirondacks and its wilderness.

This year the Chapter has budgeted monies to sponsor two high school students who may enjoy getting their hands dirty by improving the trails in the Adirondacks. This program, run by ADK, provides opportunities for high school students who desire to spend up to five days camping in the woods while participating in quality trail work. The Club will provide food, group camping gear, tools and experienced leadership.

These projects are centered on education. An experienced leader ensures that participants gain an understanding of what it takes to maintain trails. Each participant learns how to protect a section of trail from erosion by properly installing a water diversion device, such as a rock waterbar. Students learn to work as a team by sharing the responsibilities of living in a backcountry campsite. They learn to safely

utilize tools to accomplish tremendous tasks. Most participants are amazed when they learn to move a 300-pound rock with an 18-pound steel bar, or to harvest a tree using only a crosscut saw and an axe. A week of trail work, especially for a young person, is a powerful reminder of the existence of wilderness and provides a chance to experience this environment unfettered by outside distractions.

One participant reported, "It was hard work, but I made new friends and enjoyed the work immensely." Another said, "I loved every minute! Even when I was thoroughly miserable, wet, muddy, scratched, and bruised, it was tons of fun."

Two projects are planned for 2006:

July 16-21: This project will occur on the popular fire tower trail up St. Regis Mountain west of Paul Smiths. Participants will construct rock waterbars and rock steps. Arrival time at base camp is 6 p.m. on Sunday, July 16, for dinner and orientation. Cost of \$250 is provided by the Chapter.

July 30-August 3: This project will take place on Ampersand Mountain, one of the most popular mountains in the Adirondacks, located between Saranac Lake and Tupper

Lake. Participants will focus on rock waterbars and stepping stones. Arrival time at base camp is 6 p.m. on Sunday, July 30, for dinner and orientation. Cost of \$200 is provided by the Chapter.

Two camperships are available from the Chapter. Any student between the ages of fourteen and seventeen who wishes to be considered to be a recipient of one of these paid camperships must submit an essay which explains what she/he finds appealing about being out in the woods for a week, involved in physical labor with a group of peers, and working toward the common goal of improving trails for all hikers. (This may include any past and present interests and/or experiences, expectations, future plans and/or anything else considered relevant in helping us make our decision during the selection process). This essay must be submitted to:

Linda Ranado, Education Chair
Glens Falls-Saratoga Chapter of ADK
18 Pine Ridge Road
Hadley, NY 12835

The deadline for applicants' essays is March 10, 2006. The full name, address and telephone number of the applicant needs to be included with the essay.

Hikers alerted to muddy trail conditions

Hikers are advised to use extra caution this spring, as they set about the trails of the Adirondacks

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

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

Trails to Avoid:

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

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

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

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

Trails to Try:

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

Debar Mt. Wild Forest — Azure Mountain

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

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

Hurricane Primitive Area — The Crows and Hurricane Mt. from Route 9N

McKenzie Mt. Wilderness — Haystack Mountain and McKenzie Mountain

Pharaoh Lake Wilderness Area — Pharaoh Mountain

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

More information on trail conditions in the Adirondacks can be found on DEC's Web Site, or by contacting DEC Forest Rangers at (518) 897-1300.



Conservation News

By Jacki Bave

Recreational Trails and Nature Preserves in Saratoga County

Saratoga P.L.A.N. (Preserving Land and Nature) is a local organization working to preserve open space and recreational access throughout the county, and is an advocate for regional land use planning. The recreational areas and nature preserves listed below are a result of the efforts of this organization, which our chapter contributes to. When you are looking for a special natural area close to home, try visiting one of the following places. Go to the Saratoga P.L.A.N. website (www.saratogaplan.org) for driving directions and information on volunteer opportunities.

Recreational Trails

Bog Meadow Brook Nature Trail in Saratoga Springs

— This two-mile trail follows the path of an abandoned railway. The trail passes through open marshes and forested wetlands, and includes a boardwalk on some sections. It is an awesome place to visit when the spring peepers are out in April, and also suitable for XC skiing. Entrances are on Route 29 and on Meadowbrook Road.

Zim Smith Multi-use Trail in Clifton Park, Halfmoon, Round Lake, Ballston Spa and Malta — A nine-mile paved trail suitable for bicycling and other non-motorized uses. Presently extending from Ballston Spa to the Town of Halfmoon, it is the beginning of a countywide trail system envisioned by the Saratoga County Green Infrastructure Plan. This trail can be accessed at the Shenentaha Park in Malta, at Ruhle Road near Exit 11, in the Village of Round Lake, or in Halfmoon.

Saratoga National Golf Club Trail in Saratoga Springs — A half-mile trail through a forest, located at the southeast end of the Saratoga National Golf Club. You can view Lake Lonely's northern shore from a platform along the trail. Parking is on 9P, just east of the Saratoga National Golf Club entrance.

Kayaderoseras Creek Canoe and Kayak Trail with access points in Saratoga Springs and Ballston Spa — This 6.5-

mile water trail provides easy access to Fish Creek, Saratoga Lake, and Lake Lonely. The paddling is generally mild, but high water levels can offer opportunities for whitewater. Access points are in Ballston Spa at Kelly Park and Northline Road, or in Saratoga Springs at the Lake Lonely Boat Livery, the NYS Boat Launch on Saratoga Lake, or on Arrowhead Road.

Spring Run Trail in Saratoga Springs — Still under development, this two-mile multi-use trail will be built on the route of an old railroad bed that operated during the Victorian era.

Nature Preserves

Orra Phelps Preserve in Wilton — Named after well-known naturalist Dr. Orra Phelps, this 18-acre preserve has a trail that passes through woodlands, wetlands and along a stream. This is a great spot within a short drive from the city, and is known for the large variety of ferns that grow within the preserve. It is located on Parkhurst Road, north of Saratoga Springs.

Spruce Mountain in Corinth — While many of us have hiked the 1.1 miles to the Spruce Mountain summit in the past, Saratoga P.L.A.N. has ensured continued access in the future by acquiring property along the trail that was once privately owned. Spruce Mountain, with its fire tower, is included in the chapter's Fire Tower Challenge. The fire tower is officially closed, but there are other views from the 2,003-foot summit. The trailhead is located south of Corinth on Spruce Mountain Road.

Ramsdill Park in Saratoga Springs — Preserves public access to Lake Lonely and the Kayaderoseras Creek. The park also includes land along the Lake Lonely outlet. Access is at the Lake Lonely Boat Livery on Crescent Ave.

Levine Preserve west of Saratoga Springs — An old town road, Tabor Road, leads through 150 acres of mixed hardwood forest, with views of old stone walls from the days when this was agricultural land. Access is 12 miles west of Saratoga Springs.

Ballston Creek Preserve in the Town of Ballston — Includes 28 acres of land along Ballston Creek, adjacent to a Great Blue Heron rookery. A trail system will be constructed so people will be able to visit this area of forests, ponds and wetlands.

Help Wanted: Trail Workers

• Tongue Mountain, April 29-30

• Northville-Placid Trail, May 12-14

Call Tom Ellis 638-6139 or Jim Schneider 581-9367



Volunteer: Trail Projects & Workshops 2006

April 8, Chainsaw Use & Safety Workshop

- This workshop will cover topics related to chainsaw use and maintenance. The participant will gain knowledge in how to use a chainsaw with the primary focus on preparation and safety. The scope of the material covered will range from cutting blowdown to sharpening saw chains. There will be a lot of information given in regard to various techniques of using a chainsaw on the trail or at home safely. Pre-registration is required and there is a \$25 participation fee. Please contact ADK before sending a check.

May 6, 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. Tools and experienced leadership will be provided along with a basic trail maintenance manual upon completion of the workshop.

June 3, National Trails Day

- The National Trails day event will be based out of the town of Inlet in the Adirondacks. There are multiple projects available to choose from. Sidecutting, drainage clearing and rock waterbar construction are just some of the options. After the day's events, a barbecue will be held in Inlet. Tools and experienced leadership will be provided along with a t-shirt upon completion of the event. More details will be available on the ADK website by the end of February.

June 17, Ruth's Easy One-Day Project

- This popular one-day project is back and will take place on the loop trail that accesses three ponds: Copperas, Owen, and Winch located near Wilmington Notch. The focus will be on general maintenance such as sidecutting and blowdown removal. Tools and experienced leadership will be provided.

July 16-21, 5-Day High School Project

- This trail project is reserved for the high school-aged teenager who has a desire to spend a week in the woods camping and to participate in and experience quality trail work. This project will take place on the popular fire tower trail up St. Regis Mountain. Participants will construct rock waterbars and rock steps. Arrive Sunday evening at base camp by 6 p.m. for dinner and orientation. Food, group camping gear, tools, and experienced leadership will be provided. Participants will be out of the woods late afternoon on Friday. There is a \$250 participation fee. ADK chapters and local communities/businesses have sponsored teenagers.

July 30- August 3, 4-Day High School Project

- This trail project is reserved for the high school-aged teenager who has a desire to spend a week in the woods camping and

to participate in and experience quality trail work. This project will take place on Ampersand Mountain, one of the most popular hikes in the High Peaks Region. Work will focus on rock water bars and stepping-stones. Arrive Sunday evening at base camp by 6 p.m. for dinner and orientation. Food, group camping gear, tools, and experienced leadership will be provided. Participants will be out of the woods late afternoon on Thursday. There is a \$200 participation fee. ADK chapters and local communities/businesses have sponsored teenagers.

August 13-18, Johns Brook Valley

- Based out of Johns Brook Lodge (3.5 miles from trailhead), participants will hike a short distance on the Woodsfall Trail and repair some eroded gullies with new tread work and drainage. All meals will be prepared and served at the lodge and participants will share one of the bunkrooms. After dinner, relaxation after a hard day of trail work will be enjoyed in the main common area of the lodge or possibly by sitting in an Adirondack chair on the front porch. Arrive Sunday evening at base camp (ADK Loj) by 6 p.m. for dinner and orientation. Food, a bunk bed, tools, and experienced leadership will be provided. Participants will be out of the woods late afternoon on Friday. There is a \$200 participation fee.

August 27-Sept 1, Long Lake Canoe Project

- Along with camping on the shores of Long Lake for four nights, participants will conduct campsite and lean-to maintenance. Relocating existing pit privies and the removal of litter from campsites will be the main focus of the project. Over 12 privies were in need of relocation on the last trip. Participants will canoe a substantial distance every day to reach each campsite and/or lean-to. Arrive Sunday evening at base camp (ADK Loj) by 6 p.m. for dinner and orientation. Food, group camping gear, tools, and experienced leadership will be provided. Participants will be out of the woods late afternoon on Friday. There is a \$75 participation fee

September 16, Property Trail Project at Adirondack Loj

- Enjoy the fall foliage while maintaining the Loj property trails. Projects will include drainage work and sign work. Tools and experienced leadership will be provided.

October 21, Fall Trails Day

- This is the last chance to clean drainages of fallen leaves and other debris before the snow arrives. Cleaning drainages in the fall ensures that they will be open in the springtime. The major concentration of work will be in the High Peaks region of the Adirondacks. Tools and experienced leadership will be provided

Unless otherwise stated, to register and receive more information about the above trips please check ADK's website at www.adk.org or call (518) 523-3480.



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS — Check the inside rear cover. **OUTINGS 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 Saratoga Library. Future programs: March 16-SS, April 20-GF, May 18-SS **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's Community Room and Saratoga-Wesley. Future Meetings: March 01-GF, April 05-SS, May 03-GF, June 07-SS, September 06-GF, October 04-SS, November 01-GF, December 06-TBA **Outings Committee Meetings** held the 3rd /4th **WEDNESDAY**, alternating months at 7 p.m. and alternate between Glens Falls National Bank's Community Room and Saratoga Starbucks (Broadway). Future Meetings: March 29-SS, May 24-V, July 26-SS, September 27-V

Month	Day	Outing Type	Destination	Leader/Contact	Rating	
March	1	WED	Hike/SShoe	Lake George Recreation Area	Martin	B
	1	WED	Meeting	Executive Committee Meeting Location: Glens Falls	Schneider	—
	4 or 5	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	4	SAT	XC Ski	Crandall Park	Coutant	B
	5	SUN	Hike	Winter High Peak	Whitney	A
	5	SUN	Hike	Nundagao Ridge	Bouder	B+
	8	WED	Hike/SShoe	Lake George Recreation Area	Martin	B
	11 or 12	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	11	SAT	Hike	Marshall	Weed	A
	12	SUN	Hike	Winter High Peak	Whitney	A
	15	WED	Hike/SShoe	Lake George Recreation Area	Martin	B
	16	THURS	Program	Hiking in the Swiss Alps — Saratoga Library 7:00 p.m.	Holcomb	—
	18 or 19	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	18	SAT	Hike	Haystack	McCullough	A
	19	SUN	Hike	Winter High Peak	Whitney	A
	22	WED	Hike/SShoe	Lake George Recreation Area	Martin	B
	25 or 26	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	25	SAT	Hike	Moose Mountain via Lake Placid Shore Owners Association Trails	McLean	A
	25	SAT	Gathering	Winter 46er Gathering	See page 1 for details	—
	26	SUN	Hike	Bailey Pond, Bailey Hill	Bouder	A-
29	WED	Hike/SShoe	Lake George Recreation Area	Martin	B	
29	WED	Meeting	Outings Leaders Meeting — Location: Saratoga	Schwankert	—	
April	1 or 2	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	1	SAT	Hike	Lake George Area Hike	Holcomb	B
	2	SUN	Hike	Thomas Mountain	Whitney	C
	5	WED	Kayak	Kayak Evening Paddles	Martin	—
	5	WED	Meeting	Executive Committee Meeting Location: Saratoga	Schneider	—
	8 or 9	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	8	SAT	Hike	Hoffman Notch	Bouder	B+
	9	SUN	Hike	Moreau Lake	Holcomb	B
	12	WED	Kayak	Kayak Evening Paddles	Martin	—
	15 or 16	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	15	SAT	Hike	Saratoga National Historical Park	Crammond	B
	19	WED	Kayak	Kayak Evening Paddles	Martin	—
	20 or 27	THURS	Program	“Friends of the Battenkil” — Glens Falls 7:30 p.m.	Holcomb	—
	22 or 23	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	23	SUN	Hike	Crane Mountain	Whitney	B
	23	SUN	Hike	Blue Ridge — Plane Crash Site	Bouder	A
	26	WED	Kayak	Kayak Evening Paddles	Martin	—
	29 or 30	SAT or SUN	Trailwork	Chapter Trailwork — Tongue Mountain	Ellis, Tom	—
	29 or 30	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	29	SAT	Hike	Hoffman Mountain	Lester	A
30	SUN	Hike	Tongue Mountain	Schneider	A	
30	SUN	Canoe	Chubb River Canoe	Bouder	B+	
May	3	WED	Meeting	Executive Committee Meeting Location: Glens Falls	Schneider	—
	3	WED	Kayak	Kayak Evening Paddles	Martin	—
	6 or 7	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	6	SAT	Hike	Bullhead Mountain/Puffer Pond	Crammond	B+
	7	SUN	Hike	*New Member * — Waterfall Hike-Beaver Meadow Falls	Desbiens	C+
	10	WED	Kayak	Kayak Evening Paddles	Martin	—
	12-14	FRI-SUN	Trailwork	Chapter Trailwork — Long Lake — Northville Lake Placid Trail	Ellis, Tom	—
	13 or 14	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	13	SAT	Walk	Spring Bird Walk — Wilton Wildlife Preserve	Speidel	C
	14	SUN	Hike	Baxter and Owl's Head	Whitney	B-
	16	THURS	Program	TBD — Saratoga Library 7:00 p.m.	Holcomb	—
	17	WED	Kayak	Kayak Evening Paddles	Martin	—
	20 or 21	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	20	SAT	Hike	Irishtown to NY 28N	Crammond	B
	20	SAT	Walk	Spring Bird Walk — Pack Forest, Warrensburg	Speidel	C
	21	SUN	Hike	Mount Jo and Heart Lake exploration	Whitney	B
	24	WED	Kayak	Kayak Evening Paddles	Martin	—
	24	WED	Meeting	VIRTUAL Outings Leaders Meeting — Location: Home!	Schwankert	—
	27 or 28	SAT or SUN	Kayak	Weekly Paddle	Martin	A+
	31	WED	Kayak	Kayak Evening Paddles	Martin	—



Outings

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

ONGOING OUTINGS ...

SATURDAY/SUNDAY KAYAKING

Kayaking Trips — weekly paddles Saturdays or Sundays, March-May
Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net
Flat water kayaking on various lakes in the Adirondacks. These trips can be rigorous and sometimes require specific equipment and certain levels of experience. Contact leader by Wednesday for detailed trip information regarding destination, meeting time and place, and safety requirements.

WEDNESDAY EVENING KAYAKING

April-October
Paul Martin 796-6289 or pitmartin@adelphia.net
These are easy/leisurely trips close to the Glens Falls area. We will cover 3 to 6 miles at an easy pace. If interested e-mail Paul or call: 796-6289. The best way to stay informed about trips is to be added to the e-mail listing.

EVENING HIKES/SNOWSHOE

Wednesday, March 1
Time: TBA
Rating: C
Paul Martin 796-6289, pitmartin@adelphia.net
We will hike/snowshoe in the Lake George Recreation Center with many trails to explore. We will be out for a couple hours. Pace is leisurely. We had a great time last year. Dress warmly and bring a light.

KAYAK WEEKLY PADDLES

Saturday or Sunday, March 4 or 5
Time: TBA
Rating: A+
Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net
See details at the beginning of the "Outings" section.

CRANDALL PARK EVENING XC SKI

Saturday, March 4
Time: 7:00 p.m.
Rating: B
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 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.

WINTER HIGH PEAKS

Sunday March 5
Time: TBA
Rating: A+
Jack Whitney 793-9210, jack1758@adelphia.net
Call or e-mail leader for hike details. This is an opportunity for anyone working on completing the winter High Peaks. A decision will be made on a weekly basis which mountain will be climbed depending on weather and conditions. Allen, Basin, Cliff, Dial, Esther, Macomb, Nippletop, Redfield, Whiteface, Santanoni, Seward, Donaldson, Emmons and Seymour are some of the choices.

NUNDAGAO RIDGE

Sunday, March 5
Time: 6:30 a.m.
Rating: B+
Jayne Boudier 793-3770
This loop has entertaining terrain, and great views! 6 miles, 1,500 ft. ascent, moderate pace with time to take pictures. Hurricane Mountain Primitive Area.

EVENING HIKES/SNOWSHOE

Wednesday, March 8
Time: TBA
Rating: C
Paul Martin 796-6289, pitmartin@adelphia.net
We will hike/snowshoe in the Lake George Recreation Center with many trails to explore. We will be out for a couple hours. Pace is leisurely. We had a great time last year. Dress warmly and bring a light.

KAYAK WEEKLY PADDLES

Saturday or Sunday, March 11 or 12
Time: TBA
Rating: A+
Paul Martin 796-6289 or 761-0814, pitmartin@adelphia.net
See details at the beginning of the "Outings" section.

MARSHALL

Saturday, March 11
Time: 5:30 a.m.
Rating: A
Jim Weed 584-9970
We'll attempt to tackle this critter from the Flowed Lands. We can ski in (if everyone has skis) along the Calamity Brook trail to the Flowed Lands. As we move across the Flow, we'll meet up with our guide: the Herbert Brook. From there, we'll stash our goods and change over to snowshoes. Our intent is to make a push all the way to the top of the drainage, which gives life to the Herbert Brook itself. We will be zigging and zagging in and out of the stream bed as we push to within 300 ft. of the summit. Once we hit this saddle, we will head in sort of a south-westerly direction, and make the final bid for the top. This has the potential to be an exhausting, 12-13 mile, full-day trip. Winter is far from over at this time, the snow will be deep, and expect dramatic temperature changes as the day progresses. In other words — bring your winter A-game! Call the leader for additional details.



WINTER HIGH PEAKS

Sunday, March 12

Time: TBA

Rating: A+

Jack Whitney 793-9210, jack1758@adelphia.net

Call or e-mail leader for hike details. This is an opportunity for anyone working on completing the winter High Peaks. A decision will be made on a weekly basis which mountain will be climbed depending on weather and conditions. Allen, Basin, Cliff, Dial, Esther, Macomb, Nippletop, Redfield, Whiteface, Santanoni, Seward, Donaldson, Emmons and Seymour are some of the choices.

EVENING HIKES/SNOWSHOE

Wednesday, March 15

Time: TBA

Rating: C

Paul Martin 796-6289, pitmartin@adelphia.net

We will hike/snowshoe in the Lake George Recreation Center with many trails to explore. We will be out for a couple hours. Pace is leisurely. We had a great time last year. Dress warmly and bring a light.

KAYAK WEEKLY PADDLES

Saturday or Sunday, March 18 or 19

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814, pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

HAYSTACK

Saturday, March 18

Time: TBD

Rating: A

Pat McCullough 798-3186 or pmccul@adelphia.net

We'll start from the HPIC and use the Van Hoevenberg Trail. At the base of Marcy we'll cut off and go up and over Little Haystack to get to the peak. About 16 miles with more than 3,000 feet of vertical. Full winter gear will be required. Dinner on the way home sounds good already.

WINTER HIGH PEAKS

Sunday, March 19

Time: TBA

Rating: A+

Jack Whitney 793-9210, jack1758@adelphia.net

Call or e-mail leader for hike details. This is an opportunity for anyone working on completing the winter High Peaks. A decision will be made on a weekly basis which mountain will be climbed depending on weather and conditions. Allen, Basin, Cliff, Dial, Esther, Macomb, Nippletop, Redfield, Whiteface, Santanoni, Seward, Donaldson, Emmons and Seymour are some of the choices.

EVENING HIKES/SNOWSHOE

Wednesday, March 22

Time: TBA

Rating: C

Paul Martin 796-6289, pitmartin@adelphia.net

We will hike/snowshoe in the Lake George Recreation Center with many trails to explore. We will be out for a couple hours. Pace is leisurely. We had a great time last year. Dress warmly and bring a light.

KAYAK WEEKLY PADDLES

Saturday or Sunday, March 25 or 26

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814, pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

MOOSE MOUNTAIN VIA LAKE PLACID SHORE OWNERS ASSOCIATION TRAILS

Saturday, March 25

Time: 7:30 a.m. (McDonald's, Lake Placid)

Rating: A

Mike McLean (315) 262-2564 mpmclean@gw.dec.state.ny.us

We will meet at the McDonald's in Lake Placid at 7:30 a.m. and head over to Lake Placid Lake and ascend Moose via one of two trails that lead to the summit. If the weather cooperates, there are outstanding views from the ledges on the summit of Lake Placid Village and Lake; and if conditions cooperate, we can follow along the ridge line and also climb Mackenzie and then return to the cars via the Jackrabbit Trail. You can elect to finish the day attending the Winter 46er Dinner in Lake Placid that evening at the Crown Plaza.

BAILEY POND, BAILEY HILL

Sunday, March 26

Time: 7:30 a.m.

Rating: A-

Jayne Boudier 793-3770

We'll follow an old road to the pond, then try to keep on it all the way up Bailey Hill (3,050 ft.), 8 miles, 1,500 ft. ascent, moderate pace. Hoffman Notch Wilderness.

EVENING HIKES/SNOWSHOE

Wednesday, March 29

Time: TBA

Rating: C

Paul Martin 796-6289, pitmartin@adelphia.net

We will hike/snowshoe in the Lake George Recreation Center with many trails to explore. We will be out for a couple hours. Pace is leisurely. We had a great time last year. Dress warmly and bring a light.

KAYAK WEEKLY PADDLES

Saturday or Sunday, April 1 or 2

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814, pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

LAKE GEORGE AREA HIKE

Saturday, April 1

Time: 8:00 a.m.

Rating: B

Jan Holcomb 583-0658 or jchhiker@localnet.com

Depending on weather and snow conditions we will hike Tongue Mountain or one of the peaks on the east side of the lake.



Outings

THOMAS MOUNTAIN (LAKE GEORGE)

Sunday, April 2

Time: 1:00 p.m..

Rating: C

Jack Whitney 793-9210 or jack1758@adelphia.net

A leisurely 2.5-mile round trip Sunday afternoon hike to a mountain looking past Cat Mountain to Lake George. Plenty of time to read the Sunday paper and still come out for some exercise in the afternoon.

KAYAK EVENING PADDLES

Wednesday, April 5

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

KAYAK WEEKLY PADDLES

Saturday or Sunday, April 8 or 9

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

HOFFMAN NOTCH

Saturday, April 8

Time: 7:00 a.m.

Rating: B+

Rich Crammond 584-2380

Jayne Boudier 793-3770

Let's go for a walk through a wild mountain pass. 8 miles, 400 ft. ascent, 500 ft. descent, moderate to leisurely pace.

MOREAU LAKE HIKE

Sunday, April 9

Time: 8:00 a.m.

Rating: B

Jean Holcomb 583-0658 or jchhiker@localnet.com

There are many great trails at Moreau Lake. We will decide on our route based on weather and snow conditions.

KAYAK EVENING PADDLES

Wednesday, April 12

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

KAYAK WEEKLY PADDLES

Saturday or Sunday, April 15 or 16

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

SARATOGA NATIONAL HISTORICAL PARK

Saturday, April 15

Time: 9:00 a.m. Visitors Center Parking Lot off Rte.32, Stillwater

Rating: B

Rich Crammond 584-2380

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

KAYAK EVENING PADDLES

Wednesday, April 19

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 p

See details at the beginning of the "Outings" section.

KAYAK WEEKLY PADDLES

Saturday or Sunday, April 22 or 23

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

CRANE MOUNTAIN

Sunday, April 23

Time: 8:00 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

This is about a 6-7 mile round trip. Spectacular views from the summit and ridge and then down to photogenic Crane Mountain Pond (still above 2,600 ft.) on the way down. Leisurely pace with time for photography.

BLUE RIDGE PLANE CRASH SITE

Sunday, April 23

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

Bob Aspholm 798-8599

This adventure includes a refreshing ex-beaver dam wade, probably wild flowers, and possibly a trail for some of the way. Nine miles (some bushwhacking), 1,500 ft. ascent, at a moderate to leisurely pace. Lake Pleasant. For details see: <http://www.caterpillarclub.org/c46/c46.htm>

KAYAK EVENING PADDLES

Wednesday, April 26

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

KAYAK WEEKLY PADDLES

Saturday or Sunday, April 29 or 30

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.



TRAIL WORK — TONGUE MOUNTAIN AND DEER LEAP

Saturday or Sunday, April 29 or 30

Time: 8:00 a.m.

Rating: B

Tom Ellis 638-6139

Join us for a day of trail clearing on this beautiful trail. We will spot a car at Clay Meadows and drive north to the trail head and work back to Clay Meadows. The leader has all necessary tools. Help clear our chapter-adopted trail on the west side of Lake George. If you've never done trail work, here's a great opportunity to give it a try and learn some new skills.

HOFFMAN MOUNTAIN

Sat, April 29

Rating: A

Time: 6:15 a.m., Bruegger's

Ron Lester 899-4187

This was a very popular hike last year, so let's do it again. Eleven miles total, 8 of which are off trail.

TONGUE MOUNTAIN

Saturday April 30

Time: 6:30 a.m.

Rating: A

Jim Schneider 581-9367

The start is at the Clay Meadow entrance from where we will climb to Fifth Peak. We will walk the ups and downs to Montcalm Point with a return along the Northwest Bay trail. This route always treats hikers to spectacular lake views. With about 13 miles and plenty of cumulative vertical, this route will help you scratch that hiking itch. By any hiking standard, this route is not only one of the best in the Adirondacks, but one of the best just about anywhere.

CHUBB RIVER CANOE

Sunday, April 30

Time: 7:00 a.m.

Rating: B+

Jayne Boudier 793-3770

The Chubb begins on the north-western slopes of Street and Nye mountains. At 1,900 ft. it widens into a wild, mountain-ringed marsh that could make some beaver dams and a quarter-mile carry worth doing to get there. Ten miles round trip, moderate pace, group effort. From Averyville Road, Lake Placid.

KAYAK EVENING PADDLES

Wednesday, May 3

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

KAYAK WEEKLY PADDLES

Saturday or Sunday, May 6 or 7

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

BULLHEAD MOUNTAIN, PUFFER POND

Sat, May 6

Rating: B+

Time: 8:15 a.m., North Creek, Tops parking lot

Rich Crammond 584-2380

This will be a short open woods bushwhack from the trail to Bullhead Mountain (crash site) and then back to the trail for Puffer Pond and back to parking lot from there. Approximately 12 miles round trip.

NEW MEMBER HIKE — WATERFALL HIKE TO BEAVER MEADOW FALLS

Sunday, May 7

Time: 7:30 a.m.

Rating: B-

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

We have the option of walking up Lake Road at St. Hubert's or taking the West River Trail up to one of the most beautiful and most photographed falls in the Adirondacks. It will be about a 6-7 miles round trip with minimal elevation gain. Make sure to bring your camera and a lunch to enjoy by the falls. Rain will cancel the trip. Children are welcome as long as they can do a walk of this distance. Dogs are not allowed in this area of the Adirondacks. Even though this is labeled a "New Member's hike," all are welcome to come along. Leisurely pace with plenty of time to get to know one another.

KAYAK EVENING PADDLES

Wednesday, May 10

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.

NORTHVILLE-PLACID TRAIL LONG LAKE TRAIL WORK WEEKEND

Friday-Sunday, May 12-14

Time: TBD, Boat Launch Long Lake

Jim Schneider 581-9367

Rated: F-W (Fun-Work)

For years the Chapter has maintained the section of the Northville-Placid trail from Long Lake Village to Shattuck Clearing. We come in by boat from the Long Lake village boat launch. Our work consists of trail clearing, side-cutting vegetation, and this year we might be working on building a small bridge over a very wet boggy area. Sound like fun? It is. We will stay in a lean-to and tents by the lakeshore and serve up delicious dinners on Friday and Saturday nights. You bring your own breakfasts, beverages, and lunches. This trip is on Mother's Day weekend, but we finish up by late morning on Sunday to get back home by early afternoon. Call early as there are a limited number of spots open.

KAYAK WEEKLY PADDLES

Saturday or Sunday, May 13 or 14

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the "Outings" section.



SPRING BIRD WALK — WILTON WILDLIFE PRESERVE AND PARK

Saturday, May 13

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 slow and 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 number of species identified. The rain date is Sunday, May 14.

BAXTER AND OWL’S HEAD MOUNTAINS (KEENE, NY)

Sunday, May 14

Time: 8:00 a.m.

Rating: B-

Jack Whitney 793-9210 or jack1758@adelphia.net

Both of these small mountains offer spectacular views from their summits. Baxter is 2.2 miles round trip and Owl’s Head is 1.2 miles round trip with very little elevation gain. Come out and enjoy a spring day in the mountains. Let’s see if the wildflowers are starting to bloom. Don’t forget your cameras.

KAYAK EVENING PADDLES

Wednesday, May 17

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the “Outings” section.

KAYAK WEEKLY PADDLES

Saturday or Sunday, May 20 or 21

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the “Outings” section.

IRISHTOWN TO NY 28N

Saturday, May 20

Time: 8:30 a.m., Sportey’s, Route 28N, Main Street, Minerva

Rating: B

Rich Crammond 584-2380

We will hike from the trailhead with some really nice ponds and streams along the way. A six-mile hike with 930 ft. in elevation gain, one-way. Hope to spot cars.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 20

Time: 8:00 a.m. McDonald’s, Northway Exit 23

Rating: C-

Rich Speidel 623-2587

This will be a slow and 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’s 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 30-bird species identified last year. The rain date is Sunday, May 21.

MOUNT JO AND HEART LAKE EXPLORATION

Sunday, May 21

Time: 7:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

We will be in the heart of the Adirondacks, climb Mount Jo (about 2.2 mile round trip with about 700 ft. of elevation gain) with its spectacular views of its surrounding neighbors, the High Peaks, and then walk around Heart Lake at a leisurely pace with a stop at Adirondack Lodge and the High Peaks Information Center. This is a good introductory hike for anyone unfamiliar with this area of the High Peaks.

KAYAK EVENING PADDLES

Wednesday, May 24

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the “Outings” section.

KAYAK WEEKLY PADDLES

Saturday or Sunday, May 27 or 28

Time: TBA

Rating: A+

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the “Outings” section.

KAYAK EVENING PADDLES

Wednesday, May 31

Time: TBA

Rating: Fun

Paul Martin 796-6289 or 761-0814 pitmartin@adelphia.net

See details at the beginning of the “Outings” section.



Saratoga Battlefield Turkey Trot #7, November 24, Rich Crammond, 10 participants

- This was a hike that was more like Christmas than Thanksgiving. Lots of snow and good singing of Christmas songs along the way by happy ADKers. We dressed for the weather so everyone did well out in the field. It really was a great holiday morning and I met some nice people. A rugged group for sure. Thanks to all for hiking along this snowy ADK outing. Participants: Dawn Gallaghen, Maria Ratain, Tom, Jen and Dan Achtyl, Molly B. Noonan, Steve Bederian, Joe Coffin, Bill Glendening and Rich Crammond.

Camp Saratoga, December 17, Rich Crammond, 4 participants

- This snowshoe outing was a great way to spend part of a Saturday in December. We started out on groomed trails until we crossed the road then a little harder walking on snowshoes but not too bad. Camp Saratoga is a good place to learn about snowshoeing or cross country skiing. We learned that fresh air, blue sky, lots of nice smelling pine and winter beauty is a good thing. Every outing is a special place in time. My father used to say that money doesn't grow on trees, but the forest has its own beauty and that's good enough for me. Thanks goes out to many fellow hikers for sharing part of this nice day. Happy hiking with ADK! Participants: Rich Speidel, Mark Gardner, Bill Glendening, Rich Crammond.

Pitchoff Loop, December 18, Jayne Boudier, 7 participants

- We had a picturesque partly foggy and cloudy, partly sunny day on this bumpy, fun mountain. Thank you, Rich and Kerry, for finding and breaking trail all the way! Participants: Jayne Boudier, Ray Boucher, Kerry Chea, Pat Desbiens, Alex Lombard, Cindy Oas-Kirk, Rich Vinciguerra.

Macomb, South Dix and East Dix, January 1, Steve Barlow, Peter Valastro, Jack Whitney, 17 participants

- Starting up from West Mill Brook, it was a challenge from the start to cross the brook on one lone fallen tree but everyone made it across and it was on to the mountains. Some of the group went to Macomb first before heading over to South and East Dix; while others opted for the South and East Dix range only. It was a long day but a great day in the Dix Range. Participants: Peter Abreu, Phil Alonzo, Steve Barlow, Jayne Boudier, Eberhardt Burkowski, Pat Desbiens, Al Dunlap, John Kenny, Suzanne Knabe, Mike Lenihan, Alex Lombard, Kerry Shea, Peter Valastro, Colin Walsh, Joe Walsh, Peter Walsh, Jack Whitney.

New Year's Day Paddle, January 1, Paul Martin, 17 paddlers

- This was the 4th Annual New Year's Day Paddle on Lake George. The water was calm with a slight southeast breeze and air temperatures in the low 30s. Paddlers paddled up the east shore to Assembly Point and then we crossed to Diamond Island. We left Million Dollar Beach at 11:25 a.m. All paddlers were welcomed to the new year by a low-flying eagle that soared right over the group. We paddled back to Million Dollar Beach at around 2:30 p.m. What a great paddle and a fantastic group of paddlers. Everyone had a great time and stayed warm. Paddlers: Sue Brown, John Ozart, Ellen Martin, Sheri Shevy, Mac McPherson, Al Peirce, Tom Esmond, Gary Slusher, Dave Legg and Morris Koppell, Garth Johnstone, Alan Mapes, Gary (Bob?) and Lise Fuller, Dave Naylor, Steve Burke, Captain Dangerous.

Dial and Nippletop, January 8, Jack Whitney, 6 participants

- A walk along the Lake Road up to the cross-over trail, a quick break and we were on our way up to Elk Pass and then 1 mile steep up and a right hand turn, a short walk and we were on the summit of Nippletop. Hazy views on Nippletop but by the time we got over to Dial it had opened up and we were in awe of the great view. Taking a short winter break Nancy then led us down and out. Participants: Philip Alonzo, John Kenny, Alex Lombard, Brian Mazur, Nancy Roderick, Jack Whitney.

Western Moreau State Park, January 21, Bill Schwarz, 3 participants

- Lack of snow didn't stop this select group from hiking the trails in what was intended as a snowshoe jaunt! There was at most an inch of snow left during this January thaw, so conditions were almost like a November hike — the trails were just wetter. We reached overlooks facing both east (Moreau Lake and beyond) and west (Spier Falls Dam on the Hudson River). It was a good opportunity to get into the varied forests of the park. Participants: Rich Crammond, Bill Schwarz, John Susko.

Big Slide Hike via The Brothers, January 22, Mike McLean, 9 participants

- Saturday hiking plans changed to Sunday due to nasty weather. We were rewarded for waiting a day with sunshine and warm temperatures and wonderful views. The going was difficult with no snow, then ice, then ice and snow; from bare-booting to full crampons to snowshoes and vice versa. Enjoyed a half-hour celebration on top, as Randy finished his Winter 46 and Tony became a Winter 1er. We finished the day with dinner at the Noonmark Diner. A great group of hikers indeed. Participants: Cindy McLean, Randy Caldwell, Denise Mongillo, Tony Defrancesco, Kevin Cox, Melody Hoffman, Mark Havis, James Dean



Trip reviews

Buck Mountain, January 22, Pat McCullough, 3 participants

- I billed this hike as a chance for rookies to try out their winter gear. The big problem was that there was no snow or ice and the temperature and wind were so mild that we were able to spend more than a half-hour on the summit eating our lunch. We had great views of the High Peaks from Giant to the Seward with Marcy standing up beautifully in the center. Views of Lake George were outstanding. Participants: Kate Bachle, Ken Bannister, Pat McCullough.

Donaldson, Emmons and Seward, January 22, Jack Whitney, 5 participants

- We heard that the gate at Corey's was still open to the summer trailhead so we took advantage of being able to take 6 miles round trip off the hike. Pin-Pin was ahead of us all day (thanks for breaking a great track). Made it up to Donaldson at noon, over to Emmons and then back to Donaldson and over to Seward before heading back to our cars at 4:30. It was a beautiful night sky walking out and with no lights to interfere we were able to identify many of the constellations. Congratulations to all who hiked this range today — even though it was long, it was rewarding. Participants: Philip Alonzo, Jayne Boudier, Pat Desbiens, Brian Mazur, Jack Whitney.

Seymour, January 28, Jack Whitney, 4 participants

- With the summer trailhead still open, we decided to have a go at Seymour. The day was perfect with 30-degree temperature with the sun shining. It was a fairly level walk out to the Blueberry and Ward Brook lean-tos. After a quick break at the Ward Brook lean-to, it was time to tackle the steep 1.5-mile climb to the summit of Seymour. Fantastic views from the top and a "hoot" of a butt slide coming down. We ate lunch at the Ward Brook lean-to and then headed back to the trailhead. Participants: Pat Desbiens, Jean Holcomb, Kerry Shea, Jack Whitney.

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

Cross-Country Skiing at Heart Lake, January 28, Jonathan Mogelever, 3 participants

- While there wasn't much snow, there certainly was enough for skiing and three of us die-hard cross-country skiers had a great time at Heart Lake on the Loj trails. The weather was perfect: sunny with temperatures close to 40 degrees. The Mr. Van trail, Rimrock, and the Old Marcy Dam trail were covered just enough that you could ski and turn without hitting too many roots, and the Southeast Corner trail was the pick of the day with good snow coverage and beautiful views of Phelps Mountain and Mount Jo. Participants: John Wimmer, Katy Balcke, and Jonathan Mogelever.

Baxter Mountain, February 5, Jack Whitney, 4 participants

- This started off as a hike to Whiteface and Esther; Unfortunately, after waiting for almost an hour for the rain to stop, we decided Whiteface and Esther were for another day. We set off instead for the Noonmark Diner for a late breakfast and then decided since it had stopped raining by this point, that we would do something short and easy: Baxter Mountain was the choice. A short I.I very icy conditions took us to the fantastic views both on the way to the summit and on the summit itself. Participants: Eberhardt Burkowski, Pat Desbiens, Kerry Shea, Jack Whitney.



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Chepontuc Footnotes

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)

MEETING PLACE INFORMATION

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

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.

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

*No Pets allowed on outings except where designated in the description. 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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Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
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