



# Chepontuc Footnotes

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

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

## Traveling afar to 'leave no trace'

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

Last summer Kretser and Adirondack botany steward Julia Goren joined two other Americans, Karen Boldis, a professor of ecotourism at Paul Smith's College and project director Susan Cutting to travel to the Altai Republic,

a mountainous region of Russia in southern Siberia bordering Mongolia. The group spent the majority of the trip in the shadow of Mount Belukha, the highest mountain in Siberia at 15,000 ft. This area attracts tourists from all over the world who marvel at the incredible scenery and challenging treks.

Jen and her colleagues had the difficult but rewarding job of training park managers, new to the business, in the principles of "leave no trace" land use and interpretive visitor's education. The trip was funded by the Altai Project and private grants. Staff members from the Altai Park and related non-governmental organizations have traveled to the United States for the past two summers to study the way parks here are managed. They settled on the Adirondacks as a model because it has sustained a balance between preserving and

### Program

'ADK EDUCATION DIRECTOR GOES TO SIBERIA'

WHEN: 7:30 P.M.  
FEBRUARY 15

WHAT: TALK,  
SLIDE SHOW WITH  
JEN KRETSTER

WHERE:  
FIRST PRESBYTERIAN CHURCH  
OF GLEN FALLS



Adirondack Mountain Club Education Director Jen Kretser travelled to the Altai Republic in Siberia to train park management in the principles of 'leave no trace' land use and interpretive visitor's education.

utilizing the land's resources.

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



Looking toward Belukha over the Katun River Valley.

# Participation is key to success

BY JIM SCHNEIDER

As the New Year begins, I look back on all the wonderful accomplishments that make our chapter so proud. We are one of the fastest growing and largest chapters within the Adirondack Mountain Club. These accomplishments happen because of the dedicated and hardworking member volunteers of our chapter. They also happen because chapter members *participate*. You make it happen by coming to a monthly program, going on a hike or paddle, talking to your friends about joining ADK, or simply renewing your membership.

As I look forward to the year ahead, I am excited about the prospect of even more chapter members coming out to participate in our various activities and programs. I've written this many times, but it is nonetheless true, that the Adirondack Mountain Club is "member directed." How many people (new members perhaps not familiar with the chapter) feel uncomfortable about calling up a total stranger and asking them to join a hike during the upcoming weekend? Many times it has happened to me when I was the hike leader; people

would call me about joining my hike and I could hear the apprehension in their voices. Please, please *relax*. All of our hike leaders are very friendly

and welcoming. After all, they were once in the position of a new member ... I know I was. And you might surprise yourself as time goes by and decide to be a hike or paddle leader yourself.

I'll be writing more about "participation" as the year moves on. In the meantime, give me a call or send me an e-mail and tell me what interests you ... or maybe, if you're looking for ideas, I can suggest some activities that you might enjoy. Patti

always has a great roster of outings for all interests and abilities. Jean has many wonderful monthly programs planned for the year. Linda is hard at work putting together her education programs for both adults and kids. So, come out and take advantage of all the great things your chapter has to offer.

Be well and be safe,  
Jim Schneider  
518-581-9367  
metadatajim@gmail.com

## CHAPTER CHAIR Report

*As I look forward  
to the year ahead, I  
am excited about the  
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# Chepontuc Footnotes

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

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# The great Polar Bear adventure

"I have traveled to many places throughout my life, but one place that I still want to visit is Churchill, to see the Polar Bears."

This statement by Jean Quattrocchi's 83-year-old aunt, Ruth Adams, was the spark for an unforgettable family adventure. There is a lot of planning, organizing and obstacles to overcome to put together a trip to Canada's North Country, especially for a busy school teacher, but Jean was determined to make it happen. In November of 2003, after much trepidation and life adjustments the two women set out for one of the most outer reaches of civilization on the North American Continent. Having signed up with a group called *Travel World* out of the state of Washington they met with their tour in Winnipeg, Manitoba. There they saw a slide show describing how the trip would unfold. On the following day they flew the 600 miles to their adventure destination.

The town of Churchill is an outpost of approximately 1,000 people situated on Hudson Bay not too far from the Arctic Circle. Most of the population operates a port which is supported by rail lines running into the interior facilitating the transport of Canadian farm products overseas. Originally settled by the Hudson Bay Company in 1685 it was later replaced by the mas-

## Program

'IN SEARCH OF POLAR BEARS'

WHEN: 7:00 P.M.  
JANUARY 25

WHAT: POWERPOINT  
PRESENTATION WITH  
JEAN QUATTROCCHI

WHERE:  
SARATOGA LIBRARY

sive Fort Prince of Wales on the west side of the Churchill River estuary in the early 1760s. The abandoned fort still stands as testimony to the struggle between the French and British for control of this territory. There is no road to Churchill. It can only be accessed by plane or rail.

What enlivens this remote enclave these days is tourism. From November to March, Churchill is the Polar Bear capital of the world. From June to August it is the Beluga Whale capital of the world, with bird watching in between. Polar Bear tours are booked a year in advance as few people from any part of globe have a chance to see these white giants up close and personal.

Jean and Ruth stayed in Churchill for five days. Each morning they headed out in a Tundra Buggy to look for Polar Bears. As her presentation will attest, they found plenty. Beyond bears, Jean arranged to visit an Inuit woman who has carried on many traditions handed down by members of her family. The pair also visited a school so Jean could learn about education in Manitoba and get the chance to teach a sixth-grade class.

Jean Quattrocchi is in her twenty-third year of teaching science at Farnsworth Middle School in Guilderland. In her free time her greatest pleasure is being in the woods. She is an Adirondack 46er and near to completing her Catskill 3500 while also working of the Northeast 111. She is planning to climb The Grand Teton in July 2007. Jean will be presenting a PowerPoint exposition on her great polar bear adventure at 7 p.m., Thursday, January 25, at the Saratoga Library. This program is free and open to the public.

# 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



# Last chance! Applications must be received by Jan. 12

As previously noted, the Glens Falls-Saratoga chapter is continuing its practice of sponsoring area youth to partake in various summer programs offered through DEC and ADK by paying the \$250 cost of attendance. These programs offer those being sponsored the opportunity to heighten their awareness and appreciation of nature and environmental concerns, while participating in educational and/or recreational activities, dependent upon the program.

## **Camp Colby:**

As in the past, we will be sponsoring two candidates, in the 12-to-14 age bracket, to attend DEC's Camp Colby, located just outside the village of Saranac Lake on the western shore of Lake Colby. Attendees will participate in activities that range from field, forest and pond exploration to group dynamics to a study of human impact, learn about science and discover the interconnectedness of life on earth — all under the guidance of a college-educated staff. Additionally, they can choose from a variety of outdoor activities such as fishing, canoeing, archery or overnight camping.

## **Pack Forest Environmental Education Camp:**

Two sponsorships are also available to high school level youth in the 15-to-17 age bracket who wish to participate in DEC's Pack Forest program. Participants in this program focus more on environmental concerns such as forestry, aquatic biology, wildlife management and field ecology, while enhancing both group dynamics and individual skills. Campers also get to choose from a variety of outdoor workshops and backpacking trips.

One of our 2006 attendees, Elizabeth Stofelano, noted that her "favorite part was overnight "eco challenge" she opted

for where they "swam and kayaked and pitched a tent by night." She found the counselors "awesome and informative" and she "met a lot of really cool people." She hopes "to go back next year and be a volunteer."

## **Teen Trail Workers Program:**

Sean Murphy, one of our two sponsored camperships of ADK's Teen Trails program, said of his experience: "The work was hard, but it was also very rewarding ... Overall, it was a great time and something I would recommend to anyone thinking about it."

This program, run by ADK, provides opportunities for high school students (aged 14 to 17) to spend up to five days camping and doing quality trail work. The Club will provide food, group camping gear, tools and experienced leadership. The focus of this program is on educating participants on the ways and means of trail maintenance. Team work and shared responsibility are key elements of this program.

Specific sites for the Summer 2007 program will be posted on our site as soon as available.

**Application forms for all of these sponsorships may be downloaded from our website <http://www.adk-gfs.org> and, when completed, sent to:**

**Linda Ranado  
18 Pine Ridge Road  
Hadley, NY 12835**

Applications must be received by January 12. If you have any questions, you may call me at 696-7265 or e-mail me at [lrnado@hotmail.com](mailto:lrnado@hotmail.com).

Stay tuned for information regarding Summer 2007 Hike & Learn Series!

— Linda Ranado, Education Chair

## Adirondack Art Exhibitions: Anne Diggory

Until the end of February ten paintings of the Adirondacks by Anne Diggory are on display on the second floor of 112 Spring Street, Saratoga Springs, during business hours. Many of the pieces were inspired by Barnum Brook at the Paul Smiths Visitors Interpretive Center, as well as the view of the High Peaks from the Loj Road. Included in the show are works that combine painting and digital printing. Several pieces will con-

tinue on permanent display.

Some of those Adirondack artworks will be included in an exhibition of Anne's work at the Riverfront Studios Gallery, 96 Broad Street, Schuylerville, from March 3rd through April 28th. All ADK'ers are invited to the opening reception Saturday March 3rd from 4-8.

Diggory's work has been featured in *Adirondack Life*, *Adirondack* magazine, and

the *New York Times*. She transforms carefully observed details into expressive paintings. Simple objects come alive in their surroundings, mountains have the energy of the forces that made them, and skies swirl with light and clouds. Recently she has been painting Lake George and Lake Champlain from her Hornbeck canoe. Information and images can be found at [www.diggory.com](http://www.diggory.com)



# New members

## GF-S CHAPTER

### September

- Susanna Arcaro, Hagaman
- Chad Avery, Fort Edward
- Jean Beaudet, Clifton Park
- Jeff, Todd and Shawn Chatterton
- Deborah Curtis, Kayla Carleton, Greenfield Center
- John Farnsworth, Troy
- Barbara Freund, Wilton
- Tamara Gardner, Broadalbin
- Lynn Gorham, Gansevoort
- Patty & Kevin Humphrey, Lake Luzerne
- Diana, Mal and Steven Lambert, Greenwich
- Hank, Colleen, Ian and Emily Lenney, Speigletown

- Jon Maranville, Bolton Landing
- Rachel Nardin, Gansevoort
- Paul Nolan, Saratoga Springs
- Mike and Mikayla Pinto, Glens Falls
- Peter Rossi, Glens Falls
- Jason Ryan, Albany
- Keith Ryan, Floral Park
- Alan Steele, Saratoga Springs
- Benjamin Uris, Saratoga Springs
- Josiah Vinzek, Saratoga Springs
- Sandra, Marcy and Anna Weber, Lansdale, PA
- Sheila and John Whiteman, St. Augustine, Fla.

### October

- Erika Anderson, Schenectady
- Andrew Badera, Latham
- Peter and Daniela Belikis, Queensbury
- Thomas and Sherry Burns, Bronxville
- Alan Cherubin, Saratoga Springs
- Keith Clark, Salem
- Karen Costello, Gansevoort

- Ann Duffy, Lake Luzerne
- Ted Garrelts, Queensbury
- Jeff, Grace, Georgia, Milo Goodell and Michele Owens, Saratoga Springs
- Theodore Goutos, Diamond Point
- Holly Hutchinson and David Ardizzone, Johnstown
- Shawn, Stephanie, Rachel, Vanessa and Erik Jorgensen, South Glens Falls
- Susan, Mike and Sarah Larsen, Clifton Park
- Tricia Lockwood, Hudson Falls
- Joe Pawloski, Mayfield
- Katherine Provost, Queensbury
- Paul Rohmer, Ballston Spa
- Donna and Kurt Ruppel, Greenwich
- Eric Schenone, Queensbury
- Sharon Simmons, Queensbury
- Sandra Songaylo, Saratoga Springs
- Pat Strohmeier and Patricia Sullivan, Minerva
- Neil Sutter, Plainsboro, New Jersey
- Keith and Jeannine Ward, Corinth
- Marshall Zeh and Sally Fish, Fort Edward

# 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](http://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: Jan. 25, Feb. 15, March 29

**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: Jan. 3-GF, Feb. 7-SS, March 7-GF, April 4-SS, May 2-GF

**Outings Committee Meetings** held the 3<sup>rd</sup>/4<sup>th</sup> WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future meetings: Jan. 24-GF, March 28, May 23, July 25, Sept. 26, Nov. 28

**YMG** = Younger Members Group.

January	Outing Type	Destination	Leader/Contact	Rating
1	MON	Hike	Lombard	A+
1	MON	Hike	Aspholm/Lester	B
2	TUES	Walk	Rodd	C
3	<b>WED Meeting</b>	<b>Executive Committee Meeting Location: Glens Falls</b>	<b>Schneider</b>	—
3	WED	Walk/ski	Coutant	C or D
4	THURS	XC Ski	Coutant	C
6	SAT	Hike	Weed	A
6	Sat	Hike	Lane	B
7	SUN	Hike	McLean	A+
7	SUN	Hike	Schwarz	B
9	TUES	Walk	Rodd	C
10	WED	Walk/ski	Coutant	C or D
11	THURS	XC Ski	Coutant	C
13	SAT	Hike, XC Ski	Mackeys	A+
13	SAT	Hike/Sunset	Whitney	C
14	Sun	Hike	Suarez	C
14	Sun	Hike	Bouder	A-
14	SUN	Hike	Lombard	A+
15	Mon	Hike	Shevy	B
16	TUES	Walk	Rodd	C
17	WED	Walk/ski	Coutant	C or D
18	THURS	XC Ski	Coutant	C
20	SAT	Ski	Bouchard	B+
20	SAT	Ski	Gottung	A
20	SAT	Ski	Holcomb	A
21	SUN	Hike	Whitney	A+
21	SUN	Hike	Lane	B
23	TUES	Walk	Rodd	C
24	WED	Walk/ski	Coutant	C or D
24	<b>WED Meeting</b>	<b>Outings Leaders Meeting — Location: Glens Falls</b>	<b>Schwankert</b>	—
25	THURS	XC Ski	Coutant	C



# Outings and programs schedule

25	<b>THURS</b>	<b>Program</b>	<b>"In Search of Polar Bears" — Saratoga Library</b>		—
27	SAT	Hike	Saratoga Battlefield Snowshoe	Crammond	C+
27	SAT	Hike	Buck Mountain	Holcomb	B+
27	SAT	Hike/Sled	Whiteface Mountain Hike Up and Sled down	Schneider	A
28	SUN	XC Ski	Avalanche Pass	Mackeys	B+
28	SUN	XC Ski	Niagara and/or Nippletop Bushwhack	Bouder	A
28	SUN	Hike	Winter High Peak	Whitney	A+
30	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
31	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
<b>February</b>					
3-4	SAT-SUN	Overnight	Winter Camping — Colvin, Blake, Nippletop and Dial	Lester	A+
3	SAT	XC Ski	*YMG* Siamese Ponds Wilderness	Gottung	B+
3	SAT	Hike	*YMG* Fire Tower Hike (Leader's Choice)	Lane	B+
4	SUN	Hike	Avalanche Pass Snowshoe	Aspholm	A
4	SUN	Hike	Wright Peak	McCullough	A
6	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
7	<b>WED</b>	<b>Meeting</b>	<b>EXECUTIVE COMMITTEE — Location: Saratoga</b>	<b>Schneider</b>	—
7	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
8	THU	Ski	XC Ski — Crandall Park	Coutant	C
10	SAT	Hike	Santanoni's (any/all)	Weed	A
10	SAT	Hike	Cat Mountain	Shevy	B
11	SUN	XC Ski	ADK Loj to Upper Works	McCullough/D'Angelico	A
11	SUN	Hike	Cascade — Introduction to Snowshoeing	Whitney	B+
13	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
14	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
15	<b>THURS</b>	<b>Program</b>	<b>"ADK Education Director Goes to Siberia" — Presbyterian Church, GF</b>		—
17	SAT	Hike	*YMG* Adirondack Quest (Leader's Choice)	Lane	B+
18	SUN	Hike	Pitchoff	Bouder	B+
20	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
21	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
22	THU	Ski	XC Ski — Crandall Park	Coutant	C
24	SAT	Hike/Sshoe	*YMG* Fire Tower* — Hunter Mountain	Gottung	B+
24	SAT	Hike	Snow Mountain	Shevy	B
25	SUN	Hike	Woods Hollow Nature Preserve	Suarez	C+
25	SUN	XC Ski	Leaders Choice — XC Ski	Schwarz	B
25	SUN	Hike	Winter High Peak	Whitney	A+
27	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
28	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
<b>March</b>					
3	SAT	Hike	Moonlight Hike — Pilot Knob	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
6	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
7	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
7	<b>WED</b>	<b>Meeting</b>	<b>Executive Committee Meeting Location: Glens Falls</b>	<b>Schneider</b>	—
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	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
14	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
17	SAT	Hike	*YMG* Fire Tower Hike (Leader's Choice)	Lane	B+
18	SUN	Hike	Thomas/Cat Mountains — Lake George	Aspholm	B+
20	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
21	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
24	SAT	Hike	Jay Range	Lester	A
25	SUN	Hike	Nundagao Ridge	Bouder	B+
27	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
28	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
28	<b>WED</b>	<b>Meeting</b>	<b>Outings Leaders Meeting — Location: SARATOGA — Starbucks</b>	<b>Schwankert</b>	—
29	<b>THURS</b>	<b>Program</b>	<b>"Ron &amp; Neal's Excellent Adventure" — Saratoga Library</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.*

## WINTER HIGH PEAK

Monday, January 1

Time: 5:00 a.m.

Rating: A+

Alex Lombard 791-5089 or lombar88@potdam.edu

The leader will decide on which mountain to tackle depending on weather and trail conditions. The choices include Basin, Dix, Hough, Marshall, Cliff and Redfield, Seward, Donaldson and Emmons, Seymour and the Santanoni Range. This is a perfect opportunity for anyone working on their winter 46. Full winter gear required. Call trip leader for more information and to sign up.

## BLACK MOUNTAIN LOOP

Monday, January 1

Time: 8:00 a.m.

Rating: B

Bob Aspholm 798-8599 or pine4422@yahoo.com

Ron Lester 899-4178

Start the New Year right! We'll go in from the Pike Brook trailhead and swing around the route to Lapland Pond and Black Mountain Ponds and up the west side to the summit. After taking in the views we'll head down the east side back to the trailhead. About 6 miles round trip and 1,100 ft. ascent. Bring regular winter gear and hot food/drinks and we'll enjoy!

## CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, January 2

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 1/2 mile loop at a brisk pace. We'll go "til you cry Uncle"!

## GLENS FALLS AREA WEDNESDAY MORNING WALK/SKI

Wednesday, January 3

Time: 9ish-11ish

Rating: D or C (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 — XC SKI

Thursday Evenings, January 4

Time: 6:30 p.m., meet behind Inside Edge

Rating: C

Maureen Coutant 745-7834 or mojim@adelphia.net

Join me for a ski under the lights in Crandall Park. Call or e-mail if the conditions are questionable.

## MACNAUGHTON

Saturday, January 6

Time: 6:00 a.m. departure from Bruegger's

Rating: A

Jim Weed 584-9970

We will try a southwesterly bushwhack from the channel between Wallface Ponds for this trip. Rumor has it that the start will be rough going. The bushwhack will be about a mile with a little over 800 feet of elevation gain. Round trip will be in the mid-teens. Come one, come all! This gnarly bushwhack will be a great way to start off the New Year. Contact leader for more details.

## \*YMG\* — \*ADIRONDACK QUEST\* — LEADER'S CHOICE

Saturday, January 6

Time: 7:30 a.m.

Rating: B

Jonathan Lane 693-1610 or saratogahiker@infogorp.com

This snowshoe hike will not be up a peak, but through a scenic wilderness area. How far we travel to our hiking destination will be determined by the weather. Dress warmly and in layers! Contact me for more details.

## HAYSTACK FROM ADK LOJ

Sunday, January 7

Time: 7:00 a.m., ADK Loj

Rating: A+

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

We will take the Van Hoevenburg Trail to Marcy ... almost ... and take a shortcut (15-minute bushwhack) at a former lean-to site to intersect the trail ... first down and then up the three humps to Haystack. Full crampons and snowshoes needed, ski poles recommended. Good conditions may result in a climb of Marcy on the way back. Around 16 miles round trip.

## SNOWSHOE MOREAU

Sunday, January 7

Time: 9:00 a.m.

Rating: B

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

We'll connect the dots for a loop trail on the newer section of Moreau Lake State Park, entering from Spier Falls Road. After some climbing, we'll get great views of the lake, and of the Hudson River on the other side of the ridge. Trails are not steep, but there are frequent climbs and descents, and there may be some wet spots. When I tried this last January, it was a hike — no snow! Hopefully, winter will cooperate this time.



# Outings

## **CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!**

Tuesday, January 9

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 OR SKI**

Wednesday, January 10

Time: 9ish-11ish

Rating: D or C (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 — XC SKI**

Thursday Evenings, January 11

Time: 6:30 p.m., Meet behind Inside Edge

Rating: C

Maureen Coutant 745-7834 or mojim@adelphia.net

Join me for a ski under the lights in Crandall Park. Call or e-mail if the conditions are questionable.

## **DIAL AND NIPPLE TOP — SKI/SNOWSHOE**

Saturday, January 13

Time: 7:00 a.m.

Rating: A+

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

We will ski in the Lake Road around 2 miles and then drop our skis off and put on snowshoes. We will then climb 2,760' vertical and 1.5 miles to the summit of Nippletop. The trail then leads 2.1 miles to the summit of Dial. From near the summit of Dial we will bushwhack downhill through fairly open woods back to the Lake Road. We will backtrack a little bit to our skis, and then ski back to the cars. Round trip distance is around 9-10 miles with four of those skiing. You should be at least intermediate ability on skis. The ski out is pretty much all downhill, but there are no really big hills.

## **PILOT KNOB GAZEBO SUNSET HIKE**

Saturday, January 13

Time: 3:00 p.m.

Rating: C

Jack Whitney 793-9210 or jack1758@adelphia.net

Let's watch the sun go down over Lake George. This is a 2-mile round trip hike to a Gazebo with spectacular views of Lake George, its islands and the mountains to the west. Bring your camera and warm clothing. Call leader for appropriate gear and availability of snowshoes if needed.

## **HEMLOCK FOREST SNOWSHOE**

Sunday, January 14

Time: 1:00 p.m.

Rating: C

Fran Suarez 587-8612 or fransataptr@netscape.net

Hemlock Forest is a little gem located on Crescent Avenue in Saratoga Springs. It has the deep, dark forest feel and a bit of open grasslands. It's flat and only about 2-3 miles. I really hope there is snow so we can have some fun trying out the snowshoes. If not, a walk will do fine. Pace is real slow. Call early, I am limiting this trip to 12 participants.

## **WEST HAIL BUSHWHACK**

Sunday, January 14

Time: 6:30 a.m.

Rating: A

Jayne Boudier 793-3770

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

## **WINTER HIGH PEAK — LEADER'S CHOICE**

Sunday, January 14

Time: 5:00 a.m.

Rating: A+

Alex Lombard 791-5089 or lombar88@potdam.edu

The leader will decide on which mountain to tackle depending on weather and trail conditions. The choices include Basin, Dix, Hough, Marshall, Cliff and Redfield, Seward, Donaldson and Emmons, Seymour and the Santanoni Range. This is a perfect opportunity for anyone working on their winter 46. Full winter gear required. Call trip leader for more information and to sign up.

## **PROSPECT MOUNTAIN**

Monday, January 15

Time: 9:00 a.m.

Rating: B

Sheri Shevy 854-9167

I can't think of a better place to be on a holiday Monday. We'll start from the Lake George Recreation Center off of Exit 21. This will be a nice moderate hike or snowshoe if there is good snow coverage ... you remember snow! Moderate pace. The trail will take us by a pretty stream with some nice views of Lake George at the top. Call for further details.

## **CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!**

Tuesday, January 16

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 OR SKI

Wednesday, January 17

Time: 9ish-11ish

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

Maureen 745-7834 or [mojom@adelphia.net](mailto: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.

## CRANDALL PARK — XC SKI

Thursday Evenings, January 18

Time: 6:30 p.m., Meet behind Inside Edge

Rating: C

Maureen Coutant 745-7834 or [mojom@adelphia.net](mailto:mojom@adelphia.net)

Join me for a ski under the lights in Crandall Park. Call or e-mail if the conditions are questionable.

## SKI TRIP: DESTINATION TO BE DETERMINED

Saturday, January 20

Time: 7:30 a.m.

Rating: B+

Ray Bouchard 893-7314 or [rayboo\\_66@earthlink.net](mailto:rayboo_66@earthlink.net)

Skiable snow has been hard to come by the past few years but I'm confident I'll be able to track some down in time for this trip. The B+ rating is so I can keep my options open but as always the pace will be moderate.

## \*YMG\* XC SKI HOFFMAN NOTCH

Saturday, January 20

Time: 7:00 a.m., Bruegger's, Glens Falls

Rating: A

Jessica Gottung 725-3859 or [jgottung@frontiernet.net](mailto:jgottung@frontiernet.net)

This trip is geared for people in their 20s and 30s but all snow-lovers are welcome on this x-c ski outing. If there is not enough snow, we will hike. We will be spotting cars and doing a through ski/hike. Please be advised that the leader will be bringing a friendly canine companion on this outing.

## UPPER WOLF JAW AND ARMSTRONG SNOWSHOE

Saturday, January 20

Time: 6:00 a.m.

Rating: A+

Jean Holcomb 583-0658 or [jchhiker@localnet.com](mailto:jchhiker@localnet.com)

There are some who might think A+ is a bit high of a rating for this hike but for me it will be a struggle so I presume others may also find it so. Since my route is not explained in the book I have to estimate but the distance looks to be about 14 miles including four miles walking on the Ausable Club Road. We will go up the Beaver Meadow trail toward Gothics and make a right turn over to Armstrong then on over Upper Wolf Jaw and down the Wedge Brook Trail back to the road. Between 3,000 and 4,000 feet of elevation gain with some nasty parts involving ladders and cables. As my pace is slow to moderate there will be no side trips to Gothics or Lower Wolf Jaw. Head lamps, good snowshoes (MSR's recommended) and full crampons if snow cover is poor. I require direct contact for all my A hikes.

## WINTER HIGH PEAK

Sunday January 21

Time: 5:30 a.m.

Rating: A+

Jack Whitney 793-9210 [jack1758@adelphia.net](mailto:jack1758@adelphia.net)

Anyone working on these winter High Peaks? Depending on the conditions at the time we will have several choices as to which mountain we hike. Basin, Marshall, Skylight, Gray, Esther, Haystack, Dix, Hough, South Dix and East Dix are among the choices. Call or e-mail leader for details.

## \*YMG\* — \*ADIRONDACK QUEST\* — LEADER'S CHOICE

Sunday, January 21

Time: 7:30 a.m.

Rating: B

Jonathan Lane 693-1610 or [saratogahiker@infogorp.com](mailto:saratogahiker@infogorp.com)

This snowshoe hike will not be up a peak, but through a scenic wilderness area. How far we travel to our hiking destination will be determined by the weather. Dress warmly and in layers! Contact me for more details.

## CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, January 23

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

Rating: C

Gary Rodd 793-4937 or [sandgrodd@webtv.net](mailto: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 OR SKI

Wednesday, January 24

Time: 9ish-11ish

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

Maureen 745-7834 or [mojom@adelphia.net](mailto: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.

## CRANDALL PARK — XC SKI

Thursday Evenings, January 25

Time: 6:30 p.m., Meet behind Inside Edge

Rating: C

Maureen Coutant 745-7834 or [mojom@adelphia.net](mailto:mojom@adelphia.net)

Join me for a ski under the lights in Crandall Park. Call or e-mail if the conditions are questionable.



## **SARATOGA BATTLEFIELD SNOWSHOE**

Saturday, January 27

Time: 9:00 a.m., Visitors Parking Lot off Route 32

Rating: C+

Rich Crammond 584-2380

Let's do some shoeing in the park for 3 or 4 miles or maybe a little more. We will plan our route at the start of the hike. Please dress warm. Happy New Year!

## **BUCK MOUNTAIN SNOWSHOE**

Saturday, January 27

Time: 9:00 a.m.

Rating: B+

Jean Holcomb 583-0658 or jchhiker@localnet.com

This outing is for those who don't want to drive too far or hike too long. A little over 6 miles roundtrip Buck is considered a four-hour hike in the summer. Winter conditions could certainly extend this time frame. We will do an in and out from the Pilot Knob trail head. The elevation gain is about 2,000 feet which is a good workout and the views are quite lovely over Lake George. Full winter gear required.

## **WHITEFACE SKI/SNOWSHOE/SLEDDING**

Saturday, January 27

Time: 7:00 am

Rating: B

John Schneider 584-8527

This relatively easy trip will use the road from the toll booth to get to the top of Whiteface. The easy grade of the road will allow participants to ski or snowshoe to the parking lot near the top. From there, we will hike to the top of the mountain. Spectacular views are guaranteed if the weather cooperates. The return trip down the mountain can be quite a thrill for those on skis, or for those who want to bring along a sled (Flexible Flyer type). It has been quite a few years since conditions were good enough for sledding down, but I have high hopes for this year.

## **AVALANCHE PASS — SKI**

Sunday, January 28

Time: 7:00 a.m.

Rating: B+

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

We used to lead this trip in the past so we thought it was about time to introduce some new folks to this adventure. We will leave from South Meadows, ski to Marcy Dam and then ski the Lake Arnold trail as if we were heading toward Mount Colden. When we reach Avalanche Camp (lean-to) the trail turns left and makes a steep climb to the pass. We may want to bare boot this part up/down depending on your expertise, equipment, and/or snow conditions. Total distance is about 9.5 miles. The High Peaks guide describes this trip as a classic ski tour, available to any strong intermediate skier. I will probably bring skins for the steep section, but I have done it many times without, though it's rare that I didn't take a tumble or two.

## **NIAGARA AND NIPPLETOP BUSHWHACK**

Sunday, January 28

Time: 6:30 a.m.

Rating: A

Jayne Boudier 793-3770

These unfamiliar 3,000 footers have double rock tops and great views. Eleven miles (half of it trailless), 3,200 feet of ascent, moderate pace. North Hudson.

## **WINTER HIGH PEAK**

Sunday, January 28

Time: 5:45 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@adelphia.net

Anyone working on their winter High Peaks? Depending on the conditions at the time, we will have several choices as to which mountain we hike. Basin, Marshall, Skylight, Gray, Esther, Haystack, Dix, Hough, South Dix and East Dix are among the choices. Call or e-mail leader for details.

## **CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!**

Tuesday, January 30

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 OR SKI**

Wednesday, January 31

Time: 9ish-11ish

Rating: D or C (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.



## **WINTER CAMP: COLVIN, BLAKE, NIPPLETOP AND DIAL**

Saturday-Sunday, February 3-4

Time: 5:45 a.m. (Saturday)

Rating: A+

Ron Lester 899-4187 or muleskinner46er@hotmail.com

A winter camping opportunity for the willing. We'll camp near the Gill Brook-Indian Head trail junction, just beyond private land. Summit Colvin and Blake on Saturday and Nippletop and Dial on Sunday (return to camp via a hardwood bushwhack from the Dial-Bear Den col). I have tent space for four additional people and one extra winter sleeping bag, and a couple of stoves. I'm willing to help those with minimal experience. The secret of successful winter camping is a warm parka. We'll have a full moon for a possible quick trip to Indian Head ...AWESOME! Let's hope for moderate (above minus 10° temperatures) conditions.

## **\*YMG\* XC SKI OR HIKE SIAMESE PONDS**

Saturday, February 3

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

Rating: B+

Jessica Gottung 725-3859 or jgottung@frontiernet.net

Get the skis (and eyes) ready! In the heart of the Siamese Ponds Wilderness, this trip has beautiful scenery all along the way. The trail parallels the East Branch of the Sacandaga River for a while and ends up at the Siamese Ponds. There are lean-tos available to catch a break and snack. Thirteen miles roundtrip and 600-foot rise. Be advised the leader will be bringing along a friendly canine companion.

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

Saturday, February 3

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.

## **AVALANCHE PASS SNOWSHOE**

Sunday, February 4

Time: 7:00 a.m.

Rating: A

Bob Aspholm 798-8599 or pine4422@yahoo.com

A winter classic; we'll head in from Adirondack Loj trailhead to Marcy Dam and the trail to the pass. Hoping for best conditions we'll walk across the ice to the far end of the pass and savor the views. About 10 miles roundtrip and about 900 feet of ascent. Bring regular winter gear and hot food/drinks and we'll enjoy!

## **WRIGHT PEAK**

Sunday, February 4

Time: 6:00 a.m.

Rating: A

Pat McCullough 798-3186 or pmccul@adelphia.net

Anyone is welcome, but I am officially leading this snowshoe for rookies. If you would like to try a winter High Peak, but have been hesitant for any of a number of reasons, then this hike is for you. Pace will be set by the slowest (read smartest) member of the group. Come on out, try some of that new gear Santa brought you or that has been collecting dust in the cellar, and see why some of us would rather hike in the snow than fight the rocks and roots.

## **CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!**

Tuesday, February 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 OR SKI**

Wednesday, February 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 XC SKI**

Thursday Evening, February 8

Time: 6:30 p.m., meet behind Inside Edge

Rating: C

Maureen Coutant 745-7834 or mojim@adelphia.net

Join me for a ski under the lights in Crandall Park. Call or e-mail if the conditions are questionable.



# Outings

## **SANTANONI'S**

Saturday, February 10

Time: 5:00 a.m.

Rating: A+

Jim Weed 584-9970

We will take the "standard route" for this trip. When we arrive at Times Square, the group will decide where to venture first. Ideally, we will attempt to position ourselves for three successful summits. Realistically, we'll travel as a group and push ourselves as long as possible, staying within the safety limits of the group. As Ed Viesters says: "Summits are optional, getting home safe, and in one piece, is mandatory." Bring plenty of food, water and extra batteries for the headlamps! This will be a high-mileage day. Remember it's February and Mother Nature can be unpredictable. Call leader for additional details.

## **CAT MOUNTAIN**

Saturday, February 10

Time: 9:00 a.m.

Rating: B

Sheri Shevy 854-9167

The trail to Cat Mountain is just off the Northway at Exit 24, so we won't be taking that long drive to the High Peaks. The trail follows a logging road, past wetlands and beaver ponds to a 270-degree view of Lake George at the top. This will be a 6.5-mile-long trip. If the group wishes, we have the option of adding Thomas Mountain to our outing, which will only add 1.6 extra miles. This would be a good mountain for those just beginning to snowshoe. If you have any questions, just give me call.

## **SKI TRIP: ADK LOJ TO UPPER WORKS**

Sunday, February 11

Time: 6:00 a.m.

Rating: A

Pat McCullough and Dan D'Angelico 798-3186 or pmccul@adelphia.net

This will be a one-way ski using the Upper Works and ADK Loj for parking areas. Half of the group will start with Pat at one point and the other half will start with Dan at the other point. When we meet somewhere in the Lake Colden vicinity, we will exchange keys and drive our partners' vehicles to an appointed bar/restaurant for an after-trip celebration.

## **INTRODUCTION TO SNOWSHOEING IN THE WINTER HIGH PEAKS (CASCADE MOUNTAIN)**

Sunday, February 11

Time: 7:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

If you have been thinking about snowshoeing a High Peak in the wintertime now is your chance to try it out. This mountain offers some of the best views in the High Peaks. It is a 5-mile roundtrip. Call leader for details on appropriate winter gear and availability of snowshoes, if needed.

## **CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!**

Tuesday, February 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, February 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\* — \*ADIRONDACK QUEST\* — LEADER'S CHOICE**

Saturday, February 17

Time: 7:30 a.m.

Rating: B

Jonathan Lane 693-1610 or saratogahiker@infogorp.com

This snowshoe hike will not be up a peak, but through a scenic wilderness area. How far we travel to our hiking destination will be determined by the weather. Dress warmly and in layers! Contact me for more details.

## **PITCHOFF**

Sunday, February 18

Time: 7:30 a.m.

Rating: B+

Jayne Boudier 793-3770

Entertaining terrain, with lots of bumps and views. We'll start at the lower trail head and finish at the Balancing Rocks. Five miles, 1,800 feet of ascent, moderate pace with time to stop.

## **CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!**

Tuesday, February 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, February 21

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 XC SKI

Thursday Evening, February 22

Time: 6:30 p.m., Meet behind Inside Edge

Rating: C

Maureen Coutant 745-7834 or mojim@adelphia.net

Join me for a ski under the lights in Crandall Park. Call or e-mail if the conditions are questionable.

## \*YMG\* — HUNTER MOUNTAIN FIRE TOWER

Saturday, February 24

Rating: B+

Time: TBD

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

Our first Triple Chapter YMG hike. Snowshoeing at Hunter Mountain and Fire Tower. Distance is about 5 miles with 1,000 vertical feet incline from the top of the lift to the fire tower. Snowshoe rental is \$10 (or bring your own) and \$20 for the lift ticket. This hike will not count toward the Fire Tower Challenge due to the chair lift. Leaders: Dave Koehler/Mid Hudson: mh.adk.ymg@gmail.com; Long Island/Janine Schwartz: littlemancraig@yahoo.com; Jessica Gottung/Glens Falls-Saratoga: jgottung@frontiernet.net

## SNOW MOUNTAIN

Saturday, February 24

Time: 8:00 a.m.

Rating: B

Sheri Shevy 854-9167

This is a 2,360-foot peak just above St. Hubert's in Keene Valley. We will take the Deer Brook Trail, which is 3.4 miles roundtrip. The trail is moderate, following a pretty brook, a waterfall and leading to an open summit with good views. Beginning snowshoers are welcome.

## WOODS HOLLOW NATURE PRESERVE SNOWSHOE

Sunday, February 25

Time: 1:00 p.m.

Rating: C

Fran Suarez 587-8612 or fransatapr@netscape.net

Looking forward to tromping around here in the winter. The preserve is becoming a favorite of mine so I love to share it with others. Some nice ups and downs to get the blood pumping. Round trip is 4-5 miles. Pace is real slow. Group size limited to 12.

## LEADER'S CHOICE XC SKI

Sunday, February 25

Time: 9:00 am

Rating: B

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

We're headed somewhere between Lake George and Saratoga for an adventure. Trails may be ungroomed, so bring your gaiters; we may be breaking trail! Possibilities include the Lake George bike path, the Feeder Canal towpath near Glens Falls, the Wilton Preserve or Saratoga Battlefield National Park. You should be at least novice in skiing ability, with some experience off groomed trails. We'll ski four to five hours.

## WINTER HIGH PEAK

Sunday, February 25

Time: 5:45 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@adelphia.net

Anyone working on their winter High Peaks? Depending on the conditions at the time, we will have several choices as to which mountain we hike. Basin, Marshall, Skylight, Gray, Esther, Haystack, Dix, Hough, South Dix and East Dix are among the choices. Call or e-mail leader for details.

## CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, February 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, February 28

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.

## MOONLIGHT HIKE — PILOT KNOB

Saturday, March 3

Rating: B

Time: TBA

Bob Aspolm 798-8599, pine4422@yahoo.com

Fran Suarez 587-8612

Call leaders for details.



## **GOTHICS AND ARMSTRONG**

Saturday, March 3

Rating: A+

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

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.

## **FISH HAWK CLIFFS**

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.

## **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.

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

Saturday, March 10

Rating: B

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

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

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

Rating: A

Time: 7:00 a.m.

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 saratoghiker@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: TBA

Rating: B+

Bob Aspolm 798-8599 or pine4422@yahoo.com

Call leader for details.

## 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 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.

## 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

Rating: B+

Time: 7:00 a.m.

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 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.



**The Nordic Walking Group** started on October 24, 2006, and has continued to meet every Tuesday through November 28, 2006. The weather gods shined favorably upon this entourage of energetic polers — six meetings without rain! Participants: Samara Abbey, Rene Clarke, Albina Ientile, Renee Lombard, Roseanne Ientile, Mo Coutant, Kathy and Peter Hogan, Pam Lusignan, Hilary Wasserman, Margaret Curtis, Ray Boucher, Gretchen Starke, Allison Wending, Tieka Harrington, Sharlee and Gary Rodd.

**Mount Marcy, July 30, Jack Whitney, 8 participants**

• A great day to be hiking Marcy. There were blue skies and 360-degree views from the summit. Congratulations to Kim Ciraulo for her first High Peak! On the summit was the legendary Pete Fish who has hiked Marcy 597 times! A long, but memorable day. Thanks to Bill for sweeping and to Jonathan for his soda and cookies at the end of the hike. Participants: Reginald Beatty, Bill Carpenter, Kim Ciraulo, Jonathan Lane, Lorraine MacKenzie, Ann Mundy, Kathy Quoi, Jack Whitney.

**Haystack, August 10, Jack Whitney, 12 participants**

• We viewed a spectacular sunrise as we traveled up to the garden trailhead. We hiked the 3.5 miles very quickly into Johns Brook Lodge. Taking a short break we were soon on our way. The views were spectacular from the mountain. Views of Mount Marcy, many High Peaks and the awesome view into Panther Gorge were to be seen. Participants: Reginald Beatty, Carol Baum, Bob Buckley, Nancy Buckley, Pat Desbiens, Seth Dunn, Ann Munday, Liz Rovers, Donna Ruppel, Sterling Salter, James Smith, Jack Whitney.

**Tuesday Evening Paddle, Glen Lake, October 3, Maureen Coutant, 4 participants**

• It was a dark and stormy evening. The rain was intermittent and actually held off for the beginning of the trip, but soon it started to sprinkle. We explored the wetland area and when we heard rumbles in the distance, we cut the trip short and headed to the Docksider for the Tuesday evening special: pizza and wings! Participants: Maureen Coutant, Licia and Steve Mackey, Bob Sullivan.

**Wednesday morning walks, Feeder Canal Trail II, October 4, Maureen Coutant, 10 participants**

• We continued our walk along the Feeder Canal. Gary served as our crossing guard in his bright shirt when we had to cross roads. We almost made it to the Five Combines in Hudson Falls, but had to save that for our next trip back to the area! Participants: Janet and Rene Clarke, Mace Comora, Maureen Coutant, Margaret Curtis, Licia Mackey, Joe Olson, Gary and Shar Rodd.

**Chaney Pond, Lester Flow, October 7, Rich Crammond, 5 participants**

• We had a real nice fall day for this hike to a fine Adirondack pond and water flow. Here, there are still some things like rocks and timbers left from Lester Flow dam site. Those loggers were hard-working people back there years ago. Thanks for hiking with a fine group of ADK'ers. Good People. Participants: Randy Glenn, Barbara Glenn, Mary Ann Moran, Maureen Jones, Rich Crammond.

**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

**Wednesday morning walks, Hovey Pond, Bike Trail, October 11, Maureen Coutant, 3 participants**

• First we walked through Hovey Pond Park — a little treasure of a park in Glens Falls/Queensbury. Some of the flowers were still blooming and the wetland boardwalk is always a fun little place to explore. Then we walked the Glens Falls section of the bike trail and made it back mostly in dry weather! Participants: Rene Clarke, Maureen Coutant, Margaret Curtis.

**Kane Mountain, Stewart and Indian Lakes, October 14, Jessica Gottung, 3 participants**

• Kane mountain was the perfect warm-up on this chilly fall morning. We made it to the top in no time and enjoyed "post peak" views, hot cocoa, and a little game of fetch on the summit before heading down. The second part of our hike led us past the marshy shores of Stewart Lake and right to a sunny rock along the shore of Indian Lake. While Daisy took a dip, more cocoa, snacks, and a little rest geared up the non-canine participants for the trek back to our cars with plenty of time to enjoy the rest of the day. Participants: Jessica Gottung (and Daisy), Rachel McCracken, Linda Veraska.

**Sawteeth, October 14, Jean Holcomb, 5 participants**

• This is a great hike with beautiful views of Ausable Lake including Indian Head, a lovely summit and a finish of the breathtaking Rainbow Falls. If we could just dump the road walk back to the Ausable club this would be world's most perfect hike. Even with



the three-mile out it is pretty close to perfect. I think it will become a yearly event for me. Participants: Jean Holcomb, Jack Whitney, Jayne Boudier, Heidi teReile-Karkoski, Alison Farrell.

**Wednesday morning walks, Feeder Canal Trail III, October 18, Maureen Coutant, 7 participants**

- We continued and finished our walk along the Feeder Canal. We checked out the Five Combines area and contemplated how the canal system worked, the local history, as well as the capped landfill on the other side of the trail! It was an interesting area to walk and a new experience for many of us ... a recreational area more of us should take advantage of more often! Participants: Rene Clarke, Mace Comora, Maureen Coutant, Albina Ientile, Renee Lombard, Licia Mackey, Gary Rodd.

**Sleeping Beauty, October 21, Jack Whitney, 15 participants**

- After raking leaves in the morning, it was a good afternoon for a hike. Fourteen other people joined me and even though it was a little windy and cool on the summit, we had good views of Lake George and the surrounding area. The group was re-energized after snacks and a rest on the summit and we returned to our cars via Bumps Pond. Participants: Virginia Carluccio, Bill Carpenter, Pat Desbiens, Seth Dunn, Karen Duffy, Julie Hansen, Jennifer Larner, Joan Marcher, Patricia McPhee, Mary Miner, Ann Mundy, Joe Pawloski, Mark Pellerin, Kathy Werther, Jack Whitney

**Tuesday Evening Paddle, Spier Falls, October 24, Maureen Coutant, 5 participants**

- We ended our fall paddling trips on another overcast evening. We had a few sprinkles, but it was hardly noticeable. The water was as still as glass and the reflection of the late fall muted colors was fabulous. We were cursing forgetting our cameras. Hopefully the memory will last until we can get out on the water again. See you in the spring! Participants: Rene Clarke, Maureen Coutant, Licia and Steve Mackey, Alison Seville.

**Wednesday morning walks, Bike trail, October 25, Rene Clarke, 4 participants**

- Rene led this trip for me and I heard the group had a blistering pace! Probably to try to get off the side of the road as quickly as possible! This section of the trail has the longest section on the shoulder of the road — next time it will just be road crossings. Thanks, Rene, for helping me out. Participants: Rene Clarke, Mace Comora, Licia Mackey and Gary Rodd.

**Wednesday morning walks, Feeder Canal, South Glens Falls walkway, November 1, Maureen Coutant, 8 participants**

- We began on the Feeder Canal Trail and walked across the bridge to SGF. We then followed the Harry Betar walkway along the Hudson River and ended at the beach that none of us knew existed! Nice to find hidden treasures after living in an area forever! Mace Comora, Maureen Coutant, Margaret Curtis, Albina and Roseanne Ientile, Renee Lombard, Licia Mackey, Hilary Wasserman.

**Tongue Mountain, 5th Peak Lean-to, November 4, Pat Desbiens, 17 participants**

- We had a great day for a hike, mild temperatures, muddy trail in only a couple of locations, sunshine during lunch, a beautiful view, very light snowflakes for a few minutes and friendly participants. It just doesn't get much better. Participants: Richard Corvetti, Sandi Songayllo, Laura Fiske, Mark Janey, Patti Schwankert, Ann Hunt, Maria Garcia, Annie Clary, Bonnie Prushnok, Luis Pacheco, Bill Carpenter, Sandy Yellen, Ray Bouchard, Bonnie Powers, Carolyn Cyr, Neal VanDorsten, Pat Desbiens.

**Tenent Creek (Hope) Falls, November 4, Jessica Gottung, 6 participants**

- The falls were in full swing for our appreciation on this fall morning. It had snowed a little overnight, leaving the trees sparkling white but the trail mostly clear. We followed the Tenent Creek for most of the hike, stopping to enjoy the rushing glory of three beautiful waterfalls. Lots of great photo opportunities. We lingered at the third waterfall for hot cocoa and snacks then retraced our steps to the trailhead. Participants: Jennifer Daly, Jessica Gottung (and canine companion Daisy), Joe Pawloski, Katherine Prevost, Jean Rich, Jan Wiedemann.

**Saratoga Battlefield, November 5, Patti Schwankert, 17 participants,**

- A nice turnout for a beautiful day at the Battlefield. Calls were still coming as I climbed into the car 20 minutes before the meeting time. We had clear, blue skies for this 4.5-mile, 3-hour amble. With lots of smiles and chatter we ignored the patches of mud as our large group was quickly split into three. With a nice mix of veteran and novice hikers, there were plenty of questions as well as appreciation for this fine place. Thanks much to Pat Mackenzie for sharing her love of history with those especially interested in that aspect of our visit. The group included folks in town from New York City, Utica and Plattsburgh — all in for ADK HQ's Harvest Moon Madness event. A terrific day! Participants: Wade Hooker, Susan Hooker, Mark Janey, Ron Lester, Pat Mackenzie, Kate McNairy, Ranay Peck, Arlene Pericak, Joe Riolo and Kathy Mullen, Gary and Sharlee Rodd, Sandy and Fred Songayllo, Lynn Valenti, Edna VanDorsten.

**Wednesday morning walk, Glens Falls neighborhoods, November 8, Maureen Coutant, 6 participants**

- In a very light rain we walked from Crandall Park through Glens Falls neighborhoods to the Glens Falls School District's Morse Athletic Fields. On the way back we explored some more and found an old horse hitching post, a converted church, and an alley way in the neighborhoods we drive through all the time. Back at the park we had a farewell brunch for the snowbird of the group — Mace! See you in the spring! Participants: Mace Comora, Maureen Coutant, Albina Ientile, Renee Lombard, Licia Mackey.



## **Wood Hollow Nature Preserve Hike, November 11, Bob Dake and Fran Suarez, 15 participants**

- We had a good afternoon for a hike. It's such a diverse preserve — large white pines, boggy areas, sweet little pond, and even an overlook. Thank you to all who came out to enjoy this day together. I enjoyed meeting all the new people, but the “old-timers” warmed my heart. Participants: Kathryn Prevost, Ginny Carluccio, Karen ?, Kate McNeary, Virginia D., Corby Crandall, Mark Gardiner, Charlotte Smith, Tom and Susan Hodgson, Peggy Huckel, Rich Crammond, Fran Balch, Bob Dake, Fran Suarez.

## **Merck Forest, November 11, Ray Bouchard, 6 participants**

- It turned out to be a great day for a hike in spite of the gloomy forecast. Actually it could have poured and I wouldn't have minded. I was hiking in the beautiful rolling hills of Vermont with folks who enjoyed it every bit as much as I did. We covered a lot of ground that day, going from the visitor center to the top of Mount Antone and then all the way down to the far end of the property where gravity used to drag the sap from the maples to the old sugar shack to be converted into sweet delights. The “shack” has since been converted into a rental cabin for large groups and the new version is located near the visitor center to make it easier for guests who just want to drop by to see how maple syrup/candy is made or perhaps partake in the annual spring pancake breakfast. We finished our day with a walk up the hill from the sugar shack to visit the cows, chickens, sheep and pigs that they keep on this working farm. Oops, I almost forgot the magnificent work horses out in the pasture. We learned from experience that when we go back we'll bring them some apples, not delicious homemade oatmeal cookies (by human standards). I've never seen a horse make a face like that before but I'd probably make the same face if someone fed me hay. Participants: Ray Bouchard, Laura Fiske, Steve and Licia Mackey, Art Ostrov, Dave Stano.

## **Pharoah Mountain, November 12, Jack Whitney, 5 participants**

- It was an overcast day with the forecast of heavy rain. The adventure started trying to get to the trailhead with the road becoming narrower and narrower and we all had to climb into Bill's 4-wheel drive truck to cross the flooded road which was about a foot deep. Making it across, we started the climb to the summit — a fantastic hike and even though the leaves were off the trees, the evergreen forest and green moss gave a fantastic feel to the forest. The only rain of the day was about 1/10-mile below the summit on the way up and the way down. Participants: William Carpenter, Pat Desbiens, Arlene Pericak, Jack Whitney, Stephanie Zoufaly.

## **Wednesday walks, Queensbury Cross Country Trails, November 15, Maureen Coutant, 8 participants**

- I'm beginning to think it sprinkles every Wednesday! Luckily, the sprinkles stopped while we were in the parking lot talking Renée out of bringing an umbrella. We looped around the trails and passed the pond for an hour and a half. We're looking forward to skiing there this winter. Participants: Rene Clarke, Maureen Coutant, Albina Ientile, Renee Lombard, Licia Mackey, Gary and Shar Rodd, Alison Wendling.

## **Moreau Lake, November 19, Jean Holcomb, 8 participants**

- This is a great place to hike close to home. We took a side trip to find Lake Ann and enjoyed a snack in the lean-to. Great weather in beautiful woods. This area is still lightly traveled so that it retains a great wilderness feel. A few of us stayed on after the hike just to look at trees. A happy, easy, relaxed day for all concerned. Participants: Jean Holcomb, Jack Whitney, Jayne Boudier, Eberhard Burkowski, Lorraine MacKenzie, Ray Bouchard, Peter Bishop, Jennifer Larner, Bob Van Buren.

## **Saratoga Battlefield Turkey Trot #8, November 23, Rich Crammond, 29 participants**

- This outing was by far the largest group of hikers I've ever seen on Thanksgiving morning. We got to spend some time in a nice place and see some wildlife also. It was really nice to hike with some of the people I first started hiking with after joining the Glens Falls-Saratoga Chapter ten years ago. Good Luck to Jonathan Lane with the winter Fire Tower Challenge idea. Thanks to Herb Phillips for giving us some local history of the Battlefield area. Some of the nice things we saw along the way were: Witch-Hazel, Bitter Sweet, and Eastern Hophornbeam, Ironwood tree. Thanks to all for hiking on this great fall day! Participants: Barbara Bave, Jonathan lane, Kelly Marshall, Frank Marshall, Katherine Prevost, Barbara and Randy Glenn, David and Laura Fiske, Arthur Ostrov, Bill Schwarz, Michael, Samantha, Joanna and Erica Koslousky, Elise Rodriguez, Reg Prouty, Molly Noonan, John Devine, Dan D'Angelico, Bill Glendening, Steve Bederian, Bob Aspholm, Kim Wood, William Woodard, Colleen Gonter, Kim Ciraulo, Herb Phillips and Rich Crammond.

## **Rooster Comb, November 26, Jack Whitney, 14 participants**

- After driving by this trailhead many times on my way to other mountains in the High Peaks, I decided to hike this trail and was not disappointed. This is one of the finest trails with some great views on the ledge before the summit and on the summit itself. We had a great group of people enjoying the day with temperatures in the 50s. A quick stop at the Mountaineer rounded off a good day. Participants: Ray Boucher, Jayne Boudier, Bill Carpenter, Lisa Ann Cohn, Pat Desbiens, David Freiler, Jessica Gottung, Laurie Hughes and Ralph, Bud Macey, Lorraine MacKenzie, Ranay Peck, Sandy Yellen, Jack Whitney

## **Mount Tremper, December 2, Jessica Gottung, 3 participants**

- Leader and fellow hikers decided to hike up Mount Tremper on this chilly Saturday morning. The trail was a beauty: steady and never too steep, beautiful rock formations, springs, waterfalls and slightly open views on a good amount of the ascent. At the summit we were able to climb the tower, but the cab was locked; mostly cloudy sky but we got some good views, considering. After a snack we hustled down the trail and made a stop in Phoenicia for some gifts and a hot beverage. Participants: Jessica Gottung, Beth Johansen, Michael White.



# 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](http://www.adk-gfs.org)

### SARATOGA SPRINGS PUBLIC LIBRARY

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

• From NORTHWAY (I-87)

Take Exit 14 onto Route 9P north (UNION AVE). Proceed 1.5 miles, past three traffic lights to a T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. for two blocks. RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

• From ROUTE 9 and ROUTE 50

Route 9 and route 50 converge to become the main street, Broadway, in downtown Saratoga Springs. Follow into downtown, up to the main street (BROADWAY). Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. (Parking as described above)

### FIRST PRESBYTERIAN CHURCH OF GLENS FALLS

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

• From NORTHWAY (I-87)

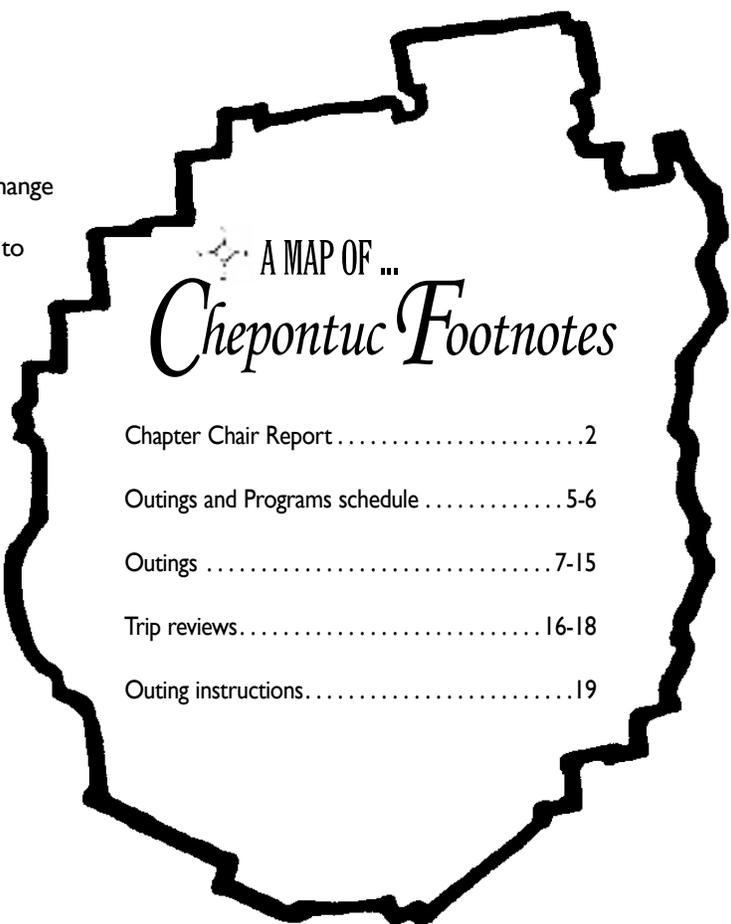
Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and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



## Are you moving?

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

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



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## *Chepontuc Footnotes*

Glens Falls-Saratoga Chapter Adirondack Mountain Club  
P.O. Box 2314 • Glens Falls, New York 12801  
[www.adk-gfs.org](http://www.adk-gfs.org)

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