



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

Chepontuc Footnotes

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

Annual Dinner set for Oct. 20

Mark your calendars! Please join your fellow ADKers on Friday, October 20, for our annual Chapter Dinner. We're moving to larger surroundings — the Queensbury Hotel in Glens Falls — to make room for everybody who wants to attend.

Once again we have a fabulous program: We are honored to welcome the Obi Wan of Adirondack Photography: Carl Heilman who will present his award-winning multimedia slide Adirondack presentation "Wild Visions." It's an honor to welcome Carl as he's been busy the last few years publishing books, teaching master workshops in photography and producing wonderful photography.

About Wild Visions

Carl Heilman, his wife, Meg, and Adirondack folk singer songwriter Dan Bergren teamed up to produce Wild Visions, a three-projector audio visual program about our relationship with the wilderness and our spiritual connection with the Earth. In this new program, Carl takes viewers on a wilderness tour through some of the most special places in the Adirondack Park. Spectacular nature photography of the Adirondack High Peaks, foothills, and waterways is all synchronized to poetic narrative and exceptional Adirondack folk music by Dan Bergren, Dan Duggan, and Peggy Lynn. Included in the selection of slides for the program are some of the images from Carl's new panoramic format book, "Adirondacks: Views of an American Wilderness."

Carl's Bio (www.carlheilman.com) Nature photographer Carl Heilman II has lived in the Adirondacks in upstate New York since he moved to the region in 1973 to live in his parents' summer

Gathering will feature Carl Heilman presenting his award-winning multimedia slide show, "Wild Visions"

home. He has worked in the region as a carpenter and contractor, and over the years also became well-known for his traditionally hand-crafted snowshoes and his snowshoeing expertise.

Carl has been photographing the wilderness landscape since 1975, working to capture on film both the grandeur of these special places, and the emotional and spiritual connection he has felt as well. His passion for spending as much time as possible in some of the wildest regions of the Adirondacks, soon became a lifelong quest to create images that record the essence of a true wilderness experience, and help convey that feeling to others. Today he is a full time professional outdoor nature photographer.

Carl's photographs have been published regionally and nationally in books, magazines, and calendars, and he has had numerous photography exhibitions throughout the upstate New York region. He has won awards both regionally and nationally for his calendar photography and also received an Individual Artistic Award from the Adirondack Park Centennial Committee. In fall 2001, he also received

an Adirondack Heritage award from the Association for the Protection of the Adirondacks for his work with photography.

Each winter, as a NYS licensed guide, he leads backcountry snowshoeing workshops for the Adirondack Mountain Club at the Adirondack Loj near Lake Placid, and for the Appalachian Mountain Club at Pinkham Notch, N.H. He has also traveled across the country to do workshops and clinics on snowshoes and snowshoeing — and photograph the natural landscape wherever he goes.

When Carl is not in the shop or the garden, or traveling to another wilderness region, he can be found in summer paddling the wild Adirondack waters, and in winter, snowshoeing or skiing his favorite Adirondack Mountains.

WHAT:
Chapter Dinner

WHEN:
Friday, October 20

WHERE:
Queensbury Hotel

Watch for the Annual Dinner invitation on the cover of the next newsletter and reserve your place early! New members — don't miss this chance to meet and socialize with your fellow ADKers who "clean up real good." Until then, Happy Trails!

Get out and play this summer

BY JIM SCHNEIDER

Bill McKibben's recent book "Wandering Home: A Long Walk Across America's Most Hopeful Landscape: Vermont's Champlain Valley and New York's Adirondacks" brings close to home some of the practical ways we can make a difference in the world around us. *Publisher's Weekly* in the review of McKibben's book indicates that the writer "happily ends up uncertain of the precise solution." I like that summation. Among a variety of thought-provoking (and inspiring) topics, McKibben talks about the virtues of supporting locally grown and produced agriculture. Such products while costing perhaps slightly more than supermarket fare actually cost less in terms of climate-changing carbon impact. Freshness is unparalleled, money stays locally, and the products are minimally processed, if at all. This summer, walk or ride your bike to your local farmer's market or farm stand. On your way, stop by your local public library and pick up a copy of McKibben's book. You will enjoy his contemplations and the people he

meets along his journey from Mount Abraham in Vermont to his home in the Adirondacks.

•••

It's great seeing all the new people becoming active in our chapter. We have many new outings leaders and volunteers helping at events like the recent Club Day at Eastern Mountain Sports. We have several members actively serving on our executive committee for the first time. If the thought has crossed your mind that you would like to get

involved, please send me an e-mail and I will be happy to discuss with you opportunities that match your interests.

•••

Patti Schwankert and her dedicated and hard-working cadre of outings leaders have put together interesting opportunities for us to get out and play this summer. Check it out ... there's everything from easy walks to A+ adventures in the High Peaks; flat water day paddle trips to paddle camping trips; and a backpacking trip.

Get out and enjoy the summer; Be well and be safe.

CHAPTER CHAIR Report

*Whether it's
volunteering or joining
a group on a camping
trip, the time is now
to get involved.*

Chepontuc Footnotes

Published Bimonthly
Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Chapter unveils newsletter sponsorship program

The chapter would like to offer your business the opportunity to be listed as a sponsor of *Chepontuc Footnotes*. The very reasonable cost to promote your business to a select group of potential customers is \$100 for each edition of the newsletter. By supporting the newsletter for one year (six issues), the reduced rate is \$500. Annual supporters also receive

recognition in the "Sponsor Spotlight" portion of the newsletter, and a link on our chapter website which currently averages 4,000 hits per month. With a bimonthly circulation of nearly 1,500 pieces, we can help you reach our members effectively.

Please join us to show your support of ADK while informing our members

about your business. Supporting the Glens Falls-Saratoga chapter of ADK places you and your product or service in a unique position by singling you out as a local business that is committed to the communities where we live, work and play.

For more information, please contact Jim Schneider at 581-9367.

New members

GF-S CHAPTER

March 2006

- Phillip Alonzo, Gansevoort
- Brenda Arley & Bill Barney, Glens Falls
- Richard & Sweeth Aulicino & Lani Risa, Lake George
- Karen Azer, Lake George
- Robert Baker, Glens Falls
- Robert & Pamela Baran, Amsterdam
- Stephen, Lynn, Joshua & Matthew Bardsley, Malta
- Raymond Barrows, Glens Falls
- Gene Bormann, Lake Luzerne
- Debra & David Borthwick & Aaron Hotaling, Cambridge
- Gernal Brace, Glens Falls
- Joy & Tom Brass, Dorset, Vermont
- Melissa Brewer, Chestertown
- Elizabeth Brock, Saratoga Springs
- Francis, Ellen, Olivia, Jennifer Cabana & Eric, Kristine, Grace, Mollie & Anthony Clark, Amsterdam
- Calie & Joseph Hubert, Queensbury
- Wayne & Vicki Clermont, Rexford
- Nancy Coletti & Rick Lathrop, Warrensburg
- D'dee Collard, Warrensburg
- Scott Daley, Hudson Falls
- Jennifer Danese, Lake George
- Leone & Kathy Demartino, Glens Falls
- Leon, Nancy & Noel Deyette, Ballston Spa
- James, Anna, Dave & Matthew Dickson, Cambridge
- Thomas & Joanna Erwin, Corinth
- Corinne Foote, Queensbury
- Patrick Gilgallon & Jonathan Glover, Saratoga Springs
- Keith Gottlieb, Glens Falls
- Michael Hartnett, Clifton Park
- Bruce & Marjorie Hull, Queensbury
- Kenneth Johnson, Buskirk
- Henry Kawecki, Ballston Spa
- Charles & Mary King, Granville
- Dorothy & Matthew Kritz, Greenfield Center
- Timothy Lesar, Mechanicville
- Andrea, Barry & Stephanie Loneck, Gansevoort

- Kathleen, Gerald, Colin & Kevin Magoolahan, Saratoga Springs
- Janice Martin, Glens Falls
- Ernie Martindale, South Glens Falls
- William McCoskery, Lake George
- William & Brenda McEwing, Fishkill
- Tammy & David Melo, Schenectady
- Richard Moran, Saratoga Springs
- Kathleen Nealon, Ballston Lake
- Susan Noonan, Clifton Park
- David & Carol Powers, Porter Corners
- James Powers, Glens Falls
- Michael Richards, Greenfield Center
- Richard Robertello, Ballston Spa
- Scott Roberts, Fort Edward
- Kevin, Roseann, Greg & Kathleen Ronayne, Gansevoort
- Scott Royael, Saratoga Springs
- Mario & Diane Scarpace, Clifton Park
- Lisa, Robert, Kayla & Michael Schermerhorn, Saratoga Springs
- Kerry Shea, Burlington, Vermont
- Karen Sheldon, Salem
- Alan Silvia, Learay Rayburn-Silvia, Kayla & Christian Silvia, Clifton Park
- Paul Smith, Watervliet
- Laura Taylor, Cambridge
- Terry Teek, Ballston Spa
- Ricky Tower, Brant Lake
- Edward & April Varnam, Gansevoort
- Douglas Varney, Gansevoort
- Catherine Viele, Queensbury
- Michael, Dixie, Brian, Kelly Lynn & Jamie Wangerin, Ballston Spa
- William Wasilowski, Queensbury
- Virginia & Mark Wilcox, Hudson Falls
- Joseph & Joyce Zanchelli, Gansevoort
- Kim Zimbal, Ballston Spa

April 2006

- Neil & Marilyn Allegretto, Clifton Park
- Martin Bates, Clifton Park
- Eunice Bellinger, E Setauket, New York
- Heather & Tyler Benson, Glens Falls
- Richard Bleibtrey, Queensbury
- Daisy Bramski, Mechanicville
- Kenneth & Warella Browall, Saratoga Springs
- Colin Buckhurst, Glens Falls
- Jason, Amy, Henry & Ella Campopiano, Glens Falls
- Al Cassier, Clifton Park
- Janet Chardavoine, Amsterdam

- Michael Chase, Queensbury
- Ruth Cherry, Rexford
- Deidre, Ben, Sachiel & Maxim Chuckrow, Saratoga Springs
- John Conigliaro, Galway
- Matthew & Jessica Dana, Ballston Spa
- Jack, Margaret, Tyler, Joshua & Bradley Ditch, Saratoga Springs
- Deborah Dittner, Greenfield Center
- Mike, Alison & Katie Doyle, Stillwater
- Fred, Kelly, Arionna & Brandan Dreber Lake George
- Barbie Eichorst & Mike Viger, Glens Falls
- Rebecca Frank, Saratoga Springs
- Elizabeth Fuller, Ballston Spa
- Charles Grabitzky, Saratoga Springs
- Stephen Hatlee, Slingerlands
- James Hennessy, Harrington Park, New Jersey
- Jim Horan, Morristown, New Jersey
- Marcia, Brittany & Jennifer Jones, Ballston Spa
- Byron Sullivan, Beth, Matthew & Christopher Jones, Lake Luzerne
- Amy Kanto, Saratoga Springs
- Robert & Stephanie Kaufman, Queensbury
- Sherry Kearns, Cleverdale
- Daniel Kenna, Lake Luzerne
- James Kennedy, Ballston Spa
- Mark Kilmer, Johnstown
- Jeff Klembczyk, Guilderland
- Daniel Larin, Galway
- John & Lorraine Lefevre, Bolton Landing
- Daniel, Ann, Jack & Michael MaLovey, Stamford, Connecticut
- Donna Marshall, Mechanicville
- JoAnn & Tom McDonald, Clifton Park
- Noelle Nielsen, Silver Bay
- Laura & Dan Noeker, Saratoga Springs
- Greg & Chris Partch, Hampton, New York
- Charles Pimentel, Jennifer McGrath, Paul
- Jenny & Gary Ratajczak, Broadalbin
- Emily & Katherine LaFalce, Ballston Spa
- Michael, Sara, Corinne, Lauren & Brendan Roberts, Queensbury
- Andrew Rosedale, Clifton Park
- Cynthia Staniels, Saratoga Springs
- Donald & Brenda Streed, Saratoga Springs
- Bill & Kristine Tribou, Schroon Lake
- Susan Whitton & Michael Allen, Mechanicville
- Kenneth, Christine, Nicholas & Whitney Wright, Ballston Spa
- David Zdunczyk & Sharon Gross, Ballston Spa



EDUCATION CORNER

This summer finds the Glens Falls-Saratoga chapter's Education Committee excited about the sponsorships and activities that several of our local youths will be able to participate in.

As noted in previous messages, we will once again be sponsoring four individuals to participate, two each, in the DEC youth programs offered at Camp Colby and Pack Forest. This will not only give them a great outdoors experience with peers of similar interests, but will also heighten their awareness of environmental concerns. We are also pleased to be participating in the Adirondack Mountain Club's Teen Trails program as we sponsor two teens to learn about trail maintenance as they, and other teens accepted into the program, work with the experts getting "hands on" experience on the Ampersand and St. Regis trails. If you are aware of anyone who might like to participate in next summer's programs, be sure to catch the September issue of *Chepontuc Footnotes* for details.

This July 15 and August 5 begin our "Hike and Learn" series which is focusing on giving our younger hikers trail experiences that will also teach them various skills that they can incorporate into future hikes. In July, participants will learn about "ordinary" items to include in their backpacks that can help them out in "extraordinary" circumstances should they arise. Come August, those who participate will get some firsthand experience in map and compass skills. See listings at right.

Despite these gains, there is still much more that we can be doing (i.e., Geo-caching for Teens or, whatever ... we are open to new ideas). In order to do so, however, we need the "experts" to volunteer to help us out. We are also always on the lookout for new members for our skeletal (but eager) committee.

If interested in helping out or in having your children participate in any of our programs, call or e-mail Linda Ranado at 696-7265 or lrano@hotmai.com

HIKE AND LEARN SERIES

Hike & Learn Series: Survivor: Adirondacks I

Location: Hadley Mountain

Limit: 12 student participants (aged 9-13)

1 parent /guardian per family

Date: July 15 (rain date, July 16)

Leaders: B. Buckley, N. Buckley, L. Spilde, L. Ranado

Description: This summer the Education Committee is introducing its "Hike & Learn" series. Part I of our series is geared toward the 9-13 age group. As they hike up Hadley Mountain, they will learn about some basic, but essential, items to take on every hike to keep them safe, especially in case of an emergency. All participants should have a backpack, lunch, plenty of water, and footwear with good tread (no sandals please!). Parents/guardians are expected to participate as well, and, while hiking with a separate group leader we'll discuss and share in the experience of what the children are learning. We will meet at the Hadley Mountain trailhead parking lot at 8:30 a.m. If needed, directions will be given when you make your reservation. Please sign up by Wednesday, July 12. Contact person: Linda Ranado (lrano@hotmai.com or 696-7265)

Beginning Map and Compass for Kids

Education Committee Hike and Learn Series

Saturday, August 5

For children ages 9-12

Time: 8:00 a.m., Adirondack Mountain Club Headquarters, Goggins Road, Lake George

Leader: Barbara Bave

Contact person: Linda Ranado 696-7265

Come learn the basics of using a compass and reading a topographical map. After some preliminary instruction, we will hike into the Pharaoh Lake Wilderness on the Short Swing Trail. After about a mile and a half, we will leave the trail and use compasses to bushwhack about a half-mile to the top of Potter Mountain which has some nice views of the Pharaoh Lake area. Then we'll use our maps and compasses to get ourselves back to the trail. Bring a compass if you have one. If you don't, let me know and I'll bring one for you to borrow.

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

HELP WANTED

Your chapter needs to fill the following offices for 2007:

- Chair
- Third Vice Chair
- Secretary
- Publicity

If you are interested in becoming involved with your chapter or if you know someone that might be interested, please contact Jim Schneider: metadajim@gmail.com or 581-9367.



Leader Biographies

We certainly have some “recruits” on our hiking team. They say that imitation is the sincerest form of flattery. Well, thanks to some great experiences and commitment to “give something back,” we again have a few more new leaders.

Once again we applaud the on-going efforts of our seasoned Chapter leaders and their dedicated participation. Happy to report a successful (injury-free) trip to Alaska by Neal Andrews and Ron Lester. Denali. What a place to be!

Now that they’re back, we want them on the list again! Thanks to the “regulars” for mentoring new folks, keeping up their regular state of outings.

And thanks to the NEW folks for stepping out and giving it a try.

As always, we welcome new and spirited leaders to the fold, adding enthusiasm and dimension to our “standard slate.”

Come out and get to know them!

As Chapter representatives they will help enrich your experiences in the woods.

— Patti Schwankert,
ADK G-FS Outings Chair
(518) 371-5510 pjschwank@aol.com

LORRAINE MACKENZIE

Lorraine “lives” in Blauvelt, N.Y. (Catskill country), but “lives it up” closer to the Adirondacks at their future-retirement home in Queensbury. A Chapter member for 3 years, “Mom” has worked many years as a Girl Scout leader and is experienced in training for both winter and overnight activities.

With lots of experience hiking in Harriman Park, the goal of becoming a 46er has brought her more regularly to the Adirondacks. She hikes with veteran leaders including: Jack, Pat, Jean and Jayne. I was excited to meet her in the fall and to learn of Jack’s encouragement. It’s great to have you aboard, Lorraine!

RAY BOUCHARD

Ray is one of those guys who probably *wishes* he bought the life-time membership to ADK. He’s been part of the GF-S Chapter for 25+ years. Whew!

If the name sounds familiar, it probably is. After a brief hiatus, he is back leading for us. Yea! A retired Saratoga Springs High School chemistry teacher, he’s been paddling in the Adirondacks for many years while mixing in a little hiking, snowshoeing and skiing to balance out the year. Also familiar to lots of vet leaders including: Jack, Jim, John S. and Jacki.

With over 10+ years as a Disaster Relief Volunteer with the American Red Cross and Catholic Charities, helping others is certainly part of who Ray is. We’re glad he’s in tip-top shape, and taking some time away from the home-owner chores and his garden to share his enjoyment of the outdoors. Good to see you, Ray!

New York Raptors Live! with Beth Bidwell

This year our fall program schedule starts off with a bang. Beth Bidwell will bring her traveling bird menagerie to Saratoga Springs Public Library at 7 p.m., Thursday, September 21. This will be an opportunity to see live raptors up close and personal. Beth’s selection of live birds includes owls, hawks and a very lovable turkey vulture. Seeing these creatures in the intimate setting of the Community Room at the library will be an unforgettable experience, especially for young children.

Beth is the founder, head and all-around manager of the Wildlife Institute of New

York. Licensed to care for injured and disabled animals of all kinds she has accumulated an outstanding collection of birds of prey who for various reasons cannot be returned to the wild. These creatures need plenty of loving care and depend on support from educational programs and demonstrations for their continued survival. Programs such as ours serve the dual purpose of educating and entertaining the public while giving these unique creatures a chance to earn their keep. Each bird is

unveiled individually so that there are no squabbles and each is handled in a most

humane and gentle manner.

Beth is a true professional who brings humor to her very informative program while respecting the needs and sensibilities of the birds under her care. If you have always wanted to see a peregrine falcon up close but had to make do with video footage or a tiny speck high up in the clouds, this is your chance. Also that barred owl that kept you up all night at your last campsite can come out in the open and show his true feathers.

Don’t forget to mark your calendar and be sure to pry the little ones away from the TV for a very special hour that will excite and inspire!

This program is free and open to the public. There are no reservations so seating will be on a first-come, first-served basis.

Program

‘NEW YORK RAPTORS LIVE!’

WHEN: 7 P.M.
SEPTEMBER 21

WHAT: EDUCATIONAL
PROGRAM WITH BETH BIDWELL

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on the inside rear cover.

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

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library.

Executive Committee Meetings held at 7 p.m., on the first WED of the month (except July and August) and alternate between Glens Falls National Bank Community Room and Saratoga-Wesley. Future Meetings: Sep 06-GF, Oct 04-SS, Nov 01-GF, Dec 06-??

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls National Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: July 26-SS, Sep 27-V

July	Outing Type	Destination	Leader/Contact	Rating
2	SUN	Hike	Seward, Donaldson & Emmons	A+
5	WED	Paddling	Kayak Weekly Paddle	C
8-9	SAT-SUN	Canoe/Camp	Canoe Camping — Osgood Pond	A
8	SAT	Walk	*Full Mooner Hike* — Saratoga Battlefield	C
9	SUN	Hike	Lake George area	B
9	SUN	Hike	Blake & Colvin Mountains	MacKenzie/Whitney
12	WED	Paddling	Kayak Weekly Paddle	C
15	SAT	Hike & Learn	Hadley Mountain Survivor: Adirondacks I	Ranado
15	SAT	Hike	Botheration Pond, Elizabeth Point — (North Creek area)	Crammond
16	SUN	Hike	Street & Nye	McCullough
16	SUN	Hike	*Fire Tower Challenge* — Goodnow	Desbiens
16	SUN	Hike	Saratoga Battlefield	Twardzik
19	WED	Paddling	Kayak Weekly Paddle	Martin
19	WED	Hike	Pilot Knob Lookout	Coutant
22-23	SAT-SUN	Canoe/Camp	Canoe Camping — Raquette Lake	Bouder
22	SAT	Hike	*Younger Members — *Fire Tower Challenge* — Belfry & Poke-O-Moonshine	Lane
22	SAT	Paddling	Saranac Lakes Paddle Saranac Lakes Paddle	Bave, J
23	SUN	Hike	Rocky Peak Ridge & Giant	Lombard
26	WED	Paddling	Kayak Weekly Paddle	Martin
26	WED	Meeting	Outings Leaders Meeting — Location: Saratoga Springs	Schwankert
28	FRI	Hike	Hudson Pointe Nature Preserve	Coutant
30	SUN	Hike	Mount Marcy	Whitney
30	SUN	Hike	Seymour Mountain	Lombard
August				
2	WED	Paddling	Kayak Weekly Paddle	Martin
5	SAT	Hike	*Full Mooner Hike* — Saratoga Battlefield	Genette
5	SAT	Hike & Learn	Beginning Map and Compass for Kids	Ranado & Bave
6	SUN	Hike	Mount Marshall	Lombard
6	SUN	Canoe	Cedar River Flow Canoe Trip	Bouchard
9	WED	Paddling	Kayak Weekly Paddle	Martin
11-13	FRI-SUN	Backpack	Panther Gorge Backpack	Carlson/Schneider
12-13	SAT-SUN	Canoe/Camp	Saranac Lakes canoe and camp	Bouder
12	SAT	Hike	Green Mountain	Lester
13	SUN	Hike	Cascade — Intro to High Peaks	Whitney
16	WED	Paddling	Kayak Weekly Paddle	Martin
19	SAT	Hike	Petersburg Pass — Trail and Bushwhack	Crammond
19	SAT	Hike	*New Member Hike* — Rocky Falls and/or Mount Jo	Desbiens
20	SUN	Kayak/Canoe	Kunjamuk Canoe/Kayak Trip	Bouchard
20	SUN	Hike	*Younger Members — *Fire Tower Challenge* — Arab & Owls Head	Lane
23	WED	Paddling	Kayak Weekly Paddle	Martin
26-27	SAT-SUN	Canoe/Camp	Raquette Lake Canoe and Camp	Bouder
30	WED	Paddling	Kayak Weekly Paddle	Martin
September				
6	WED	Paddling	Kayak Weekly Paddle	Martin
6	WED	Meeting	Executive Committee Meeting Location: Glens Falls	Schneider
9	SAT	Hike	*Younger Members — High Peak* — Big Slide/Yard	Lane
10	SUN	Hike	Haystack	Whitney
13	WED	Paddling	Kayak Weekly Paddle	Martin
16	SAT	Hike	*Full Mooner Hike* — Saratoga Battlefield	Genette
20	WED	Paddling	Kayak Weekly Paddle	Martin
21	THURS	Program	New York Raptors Live!	Bidwell
27	WED	Meeting	Outings Leaders Meeting — Location: TBD	Schwankert
27	WED	Paddling	Kayak Weekly Paddle	Martin



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 ...

WEDNESDAY EVENING KAYAKING.....

Wednesday Evening Paddles: Paul Martin. Easy flat-water paddles at a leisurely pace. We like to put in at 6:00 p.m. and paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun and rated C. Contact Paul at: pitmartin@adelphia.net or 796-6289 for more details.

SEWARD, DONALDSON, AND EMMONS

Sunday, July 2
Time: 5:30 a.m.
Rating: A+
Alex Lombard, 793-4131 or 791-5089
Come join me for one of the most difficult hikes in the Adirondack High Peaks region. If you are working on your 46, then this is your chance to bag these peaks. We will start from the normal Seward range parking lot and ascend these three peaks via Calkins Brook, Donaldson and Emmons first, then Seward. Call trip leader for further details and to sign up.

KAYAK EVENING PADDLES

Wednesday, July 5
Time: 6:00 p.m.
Rating: C
Paul Martin 796-6289 or pitmartin@adelphia.net
Easy flat-water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

OSGOOD POND CANOE AND CAMP

Saturday-Sunday, July 8-9
Time: 2:00 p.m.
Rating: A
Jayne Boudier 793-3770
Two little ponds with two narrow channels, two outstanding examples of natural communities, two outlets (Osgood AND Jones ponds), two great camps (or maybe just one, if it rains Saturday night ...), and an early start could make this an awesome trip! About 12 miles, at a moderate to leisurely pace, with time to stop. It's near Paul Smiths. Anyone not wanting to camp may join us early on Sunday.

FULL MOONER HIKE — SARATOGA BATTLEFIELD

Saturday, July 8
Rating: C
Time: 7:45 p.m., Northway (I-87), Exit 9 Park & Ride in Clifton Park or 8:30 p.m., Battlefield Visitor Center
Aileen Genett 482-9101 solice212@yahoo.com — Please call by 9:00 p.m., Thursday, July 6

This is a joint-chapter, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one; come all to the full moon walk through the Saratoga Battlefield. We'll walk 4-8 miles along the Tour Road to the Nielsen Farmhouse or through the Wilkinson Trail to the back part of the Tour Road. Dress appropriately in layers, walking shoes, gloves, layers, bug dope and flashlight, etc. Rain cancels. Dessert/drink afterward. Permit fee of \$1.00 pp.

LAKE GEORGE AREA HIKE

Sunday, July 9
Time: 8:00 a.m.
Rating: B
Alex Lombard, 793-4131 or 791-5089
Lake George area has many trails, backcountry ponds and mountains to explore. Come enjoy a leisurely hike to one of these special places. Some of the possible choices are the Clear Pond area on the back side of Black Mountain, 5 Mile Mountain, Shelving Rock, or Sleeping Beauty. Call trip leader for further information and to sign up.

BLAKE AND COLVIN

Sunday, July 9
Time: 6:30 a.m.
Rating: A
Lorraine MacKenzie, 656-3645 or LorraineM@safaritelecom.com
Jack Whitney, 793-9210 or jack1758@adelphia.net
These two peaks are not the tallest of the 46 but the 13.6 round trip miles and more than 3,000 feet of elevation gain make up for that. It might be hot so bring lots of water and hopefully the view of Ausable Lake will cool us down. Rain cancels.

KAYAK EVENING PADDLES

Wednesday, July 12
Time: 6:00 p.m.
Rating: C
Paul Martin 796-6289 or pitmartin@adelphia.net
Easy flat-water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.



HIKE & LEARN SERIES: SURVIVOR: ADIRONDACKS I

Location: Hadley Mountain

Limit: 12 student participants (aged 9-13)

1 parent /guardian per family

Date: July 15 (rain date, July 16)

Leaders: B. Buckley, N. Buckley, L. Spilde, L. Ranado

Description: This summer the Education Committee is introducing its "Hike & Learn" series. Part I of our series is geared toward the 9-13 age group. As they hike up Hadley Mountain, they will learn about some basic, but essential, items to take on every hike to keep them safe, especially in case of an emergency. All participants should have a backpack, lunch, plenty of water, and footwear with good tread (no sandals please!). Parents/guardians are expected to participate as well, and, while hiking with a separate group leader we'll discuss and share in the experience of what the children are learning.

We will meet at the Hadley Mountain trailhead parking lot at 8:30 a.m. If needed, directions will be given when you make your reservation. Please sign up by Wednesday, July 12.

Contact person: Linda Ranado (lranado@hotmail.com or 696-7265)

BOTHERATION POND, ELIZABETH POINT

Saturday, July 15

Time: 8:30 a.m., Grand Union, North Creek

Rating: B

Rich Crammond 584-2380

This hike will be an approximate 7.6-mile round trip outing. About 200' elevation change. Some bushwhacking and a stream crossing. Sound good?

STREET AND NYE

Sunday, July 16

Time: 6:00 a.m.

Rating: A

Pat McCullough 798-3186 or pmccul@adelphia.net

The hike will start at ADK's HPIC at Heart Lake and is relatively short. If we are fast, it could only take about six hours. Worst case scenario is about eight hours. I am not in a hurry and only go as fast as the slowest hiker. Very often, that slowest person is me but I always get there. If you haven't tried a trail-less peak (well, it used to be trail-less) give me a call. Bring a bathing suit and we'll take a swim in Heart Lake when we get back. Dinner will be up to the group. My wife never plans to feed me after a hike because I won't give her a definite return time.

FIRE TOWER HIKE — GOODNOW MOUNTAIN

Sunday, July 16

Time: 8:00 a.m.

Rating: B

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

A 3.8-mile round trip hike to one of the peaks on the fire tower challenge list. Slightly more than 1,000-ft. elevation gain. The trail is also a self-guided nature hike trail. Easy pace and if group wants, we can stop at the Visitor Interpretative Center at Newcomb after the hike.

Northville-Placid Trail, May 12-14

The Northville-Placid Trail section from Long Lake to Shattuck Clearing never looked better. Trail crew members Tom Ellis, Dan D'Angelico, Barb Bave, Tom Wemett, Jim Schneider and trail engineer virtuoso Wes Lampman on the weekend of May 12-14, braved the elements with good food, hot coffee and cold beer. The crew cut and removed more than 60



Wes Lampman photo

trees that had fallen onto the trail section's 12 miles, along with constructing a new bog bridge over one of the nastiest bogs on the trail (see photo). This weekend was one of the most productive and labor-intensive of the 22-year history of our chapter's involvement with the Northville-Placid Trail. It was good work and it was done well. Maybe you would like to join in next year?

SARATOGA BATTLEFIELD SUMMER HIKE

Sunday, July 16

Time: 9:00 a.m.

Rating: C

Janet Twardzik 371-8464 or janet2a22@aol.com

We'll meet in the visitors lot and then hike the Battlefield's Wilkinson trail for a couple of hours. This park has some great views you'll not want to miss. Please call the leader for details and to sign up. There is a park fee of \$3.

KAYAK EVENING PADDLES

Wednesday, July 19

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat-water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.



PILOT KNOB LOOKOUT

Wednesday, July 19

Time: 10:00 a.m.

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

Maureen 745-7834 or mojom@adelphia.net

We'll meet at Bruegger's Bagels and then go up to Lake George for an easy hike up to the gazebo on Pilot Knob. This is a relatively new and easy hike. My almost 4-year-old and I plan to hike up for lunch in the gazebo. After-hike activities could include a dip in Lake George or a stop for ice cream. Call to sign up and for more details!

RAQUETTE LAKE CANOE AND CAMP

Saturday-Sunday, July 22-23

Time: 2:00 p.m.

Rating: A-

Jayne Boudier 793-3770

From Raquette Lake village, we'll set up camp on Big Island, maybe 3/4 mile away. From there we're set to get out early and explore South Inlet back to the waterfall. About 8 miles, at a leisurely pace. Anyone not wanting to camp may join us early on Sunday.

YOUNGER MEMBERS — *FIRE TOWER CHALLENGE* — BELFRY & POKE-O-MOONSHINE

Saturday, July 22

Time: 7:30 a.m.

Rating: B

Jonathan Lane 693-1610 or saratogahiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but all are welcome. Belfry is a very short hike at only 0.6 miles roundtrip. This will be a nice warm-up for Poke-O-Moonshine, which is 2.4 miles roundtrip, but with some steep sections in the first half. Both of these peaks have Fire Towers!

SARANAC LAKES PADDLE

Saturday July 22

Time: 7:30 a.m.

Rating: B

Jacki Bave 587-3754 or Dan D'Angelico 747-0700

This trip route offers some beautiful Adirondack scenery and views of Ampersand Mountain, as well as plenty of opportunities to stop and picnic or swim. We will put in at the state boat launch at Second Pond, about 5 miles west of the Village of Saranac Lake. Continuing to Lower Saranac Lake, we'll paddle through the state locks to Middle Saranac Lake, then to our take-out on South Creek. Hopefully we will have remembered to spot a car here! The total trip distance is about 7 miles, but side trips to islands on Middle Saranac will add a mile or two. Please bring lunch, water, life preservers and a whistle for each boat. Super Soakers and other water toys are optional! The Saranac Lakes can be windy, so be sure you can handle your boat or kayak in windy conditions.

ROCKY PEAK RIDGE AND GIANT

Sunday, July 23

Time 6:30 a.m.

Rating: A

Alex Lombard, 793-4131 or 791-5089

This loop is my favorite route to hike these peaks. Giant Mountain is usually crowded with people and this route is much less traveled. We will spot a car or two at the trailhead to Giant Mountain (ridge trail) and then drive to Elizabethtown. From here we will take the scenic route to Rocky Peak Ridge stopping at Bald Peak and Mary Louise Pond along the way. Once on Giant we will descend down to Route 73 where we parked the other cars. Round trip is about 12 miles with a moderate amount of ascent. Call trip leader for further information and to sign up.

KAYAK EVENING PADDLES

Wednesday, July 26

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat-water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

HUDSON POINTE NATURE PRESERVE

Friday, July 28

Time: 10:00 a.m.

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

Maureen 745-7834 or mojom@adelphia.net

We'll meet at Bruegger's Bagels and then go over to Hudson Pointe Nature Preserve for a short walk along the Hudson. The loop is 1.75 miles with varied terrain if the beaver activity will let us do the entire loop! My almost 4-year-old and I plan to walk down to the river for a picnic lunch and throwing rocks in the water. After-hike activities include a stop for ice cream. Call to sign up and for more details!

MOUNT MARCY

Sunday, July 30

Time: 5:30 a.m.

Rating: A+

Jack Whitney 793-9210 jack1758@adelphia.net

This is the highest mountain in NY at an elevation of 5,344 feet. The views are spectacular. We will start from Heart Lake trailhead, to Marcy Dam and onto Marcy via the Van Hoevenberg Trail. Snow or rain will postpone the hike to the following week. Round trip distance is around 14.5 miles.



SEYMOUR MOUNTAIN

Sunday, July 30
Time: 5:30 a.m.
Rating: A+

Alex Lombard, 793-4131 or 791-5089

This is an opportunity for anyone working on their 46. This trail-less peak is part of the Seward Range but needs a separate hike from the other three peaks. This has the potential to be a long, tough day with high mileage and some steep climbing. Call trip leader for further details and to sign up.

KAYAK EVENING PADDLES

Wednesday, August 2
Time: 6:00 p.m.
Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

FULL MOONER HIKE — SARATOGA BATTLEFIELD

Saturday, August 5
Rating: C

Time: TBD, Northway (I-87), Exit 9 Park & Ride in Clifton Park or Battlefield Visitor Center

Aileen Genett 482-9101 solice212@yahoo.com; Please call by 9 p.m., Friday, August 4, or e-mail for meet time.

This is a joint-chapter, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4-8 miles along the Tour road to the Nielsen Farmhouse or through the Wilkinson Trail to the back part of the tour road. Dress appropriately in layers, walking shoes, gloves, layers, bug dope and flashlight, etc. Rain cancels. Dessert/drink afterward. Permit fee of \$1.00 pp.

BEGINNING MAP AND COMPASS FOR KIDS EDUCATION COMMITTEE HIKE AND LEARN SERIES

Saturday, August 5

For children ages 9-12

Time: 8:00 a.m., Adirondack Mountain Club Headquarters, Goggins Road, Lake George

Leader: Barbara Bave

Contact person: Linda Ranado 696-7265

Come learn the basics of using a compass and reading a topographical map. After some preliminary instruction, we will hike into the Pharaoh Lake Wilderness on the Short Swing Trail. After about a mile and a half, we will leave the trail and use compasses to bushwhack about a half-mile to the top of Potter Mountain which has some nice views of the Pharaoh Lake area. Then we'll use our maps and compasses to get ourselves back to the trail. Bring a compass if you have one. If you don't, let me know and I'll bring one for you to borrow.

MOUNT MARSHALL

Sunday, August 6
Time: 6:00 a.m.
Rating: A

Alex Lombard 793-4131 or 791-5089

Anyone who needs the trail-less peak Marshall for their 46 — well, here is your chance. We will start from the Upper Works parking lot and then hike to the Flowed Lands. From there we will ascend Marshall via the Herbert Brook herd path. Round trip is roughly 13 miles. Call trip leader for further details and to sign up.

CEDAR RIVER FLOW CANOE TRIP

Sunday, August 6
Time: 7:30 a.m.
Rating: C

Ray Bouchard: 893-7314 or rayboo_66@earthlink.net

Jack Whitney 793-9210 or jack1758@adelphia.net

The Cedar River Flow is located in the Moose River Plains Wild Forest Area near Indian Lake. We will launch near Wakely Dam and paddle the length of the Flow as we head south into Cedar River. We'll most likely have to negotiate at least one beaver dam in order to enter the river so be prepared for some wet feet. Minimum round trip distance is about 8 _ mile if we lunch at the Cedar River Lean-to, longer if the group decides to go on. The pace will be leisurely so we'll have plenty of time to explore the shoreline. If we're lucky we may spot loons on the Flow along with a variety of other birds and wildflowers.

KAYAK EVENING PADDLES

Wednesday, August 9
Time: 6:00 p.m.
Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

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



PANTHER GORGE BACKPACK

Friday-Sunday, August 11-13

Time: TBA

Rating: A+

Jim Schneider and Jan Carlson 581-9367

Day 1: We will hike 9 miles from the Elk Lake parking lot to Panther Gorge where we will set up our camp. The route holds much elevation change as we ascend and descend the Boreas-Colvin Range (700 feet) before the final approach to Panther Gorge.

Day 2: With an early (but not too early) start we will climb as a circuit Skylight, Marcy and Haystack getting to our first summits before the day hiking crowds, giving us time to quietly enjoy these wonderful mountaintops. With only about 7.5 miles to climb this day, we will be able to take our time and leisurely explore the summits. We will return to our camp at Panther Gorge at the end of this day's explorations.

Day 3: This day will be our return trip as we retrace Friday's route of 9 miles.

This is a rugged and remote route. Participants must be prepared to carry a heavy load long distance over challenging terrain with significant elevation changes. Prior backpacking experience is required with the ability to conduct backcountry activities in a responsible and independent manner. Bear-proof food storage canisters are required (rentals are available). There will be group size restrictions, so please call early (a small wait list will be maintained). Please call leaders for further details.

SARANAC LAKES CANOE AND CAMP

Saturday-Sunday, August 12-13

Time: 1:00 p.m.

Rating: A

Jayne Boudier 793-3770

We'll set up camp at Weller Pond, maybe with a little time to spare on Saturday. Then we've got all day Sunday! Put in on Middle Saranac Lake; Take out at First Pond campground headquarters. This trip includes a small hand-operated lock, an excellent lunch spot, and lots of islands to explore. 13 miles, moderate to leisurely pace, and lots of stops. Anyone not wanting to camp may join us (early) on Sunday — call for details.

GREEN MOUNTAIN

Saturday, August 12

Time: 6:45 a.m.

Rating: B

Ron Lester 899-4187

Approximately 11 miles with 3/4-mile bushwhack for the wooded summit of Green Mountain. We will stop by Hopkins for the great view on the return. Maybe we'll even get in a swim at Chapel Pond.

INTRODUCTION TO THE HIGH PEAKS: CASCADE MOUNTAIN

Sunday, August 13

Time: 6:30 a.m.

Rating: B

Jack Whitney 793-9210 jack1758@adelphia.net

If you have wanted to start hiking the High Peaks, now is your chance! This is the easiest of the High Peaks to climb (great views from the summit). Pace relaxed. Round trip distance is 4.8 miles.

KAYAK EVENING PADDLES

Wednesday, August 16

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

PETERSBURG PASS — TRAIL AND BUSHWHACK

Saturday, August 19

Time: 8:30 a.m., Stillwater Stewarts Shop

Rating: B

Rich Crammond 584-2380

This will be a fairly rugged loop hike with some ups and downs and bushwhacking mixed in, too. Around 6 miles with one steep area going down. Berlin Mountain is included. One stream crossing ... Hemlock Brook. (We can do this.)

NEW MEMBER HIKE — ROCKY FALLS AND/OR MOUNT JO

Saturday, August 19

Time: 7:30 a.m.

Rating: C+ or B- if adding Mount Jo

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

Leisurely hike to a scenic waterfall near the High Peaks Information Center with an option of also climbing Mount Jo after lunch. It is an easy walk along the Indian Pass Trail to Rocky Falls (round trip distance of 4.8 miles) where we will have lunch on the rocks near the falls and then — for those who would like a little extra — an optional climb of Mount Jo can be done on the way back. Mount Jo is a 2.3-mile round trip with wonderful views of the surrounding High Peaks and Heart Lake. For first-timers to this area of the Adirondacks, we can also take a tour of Adirondak Loj, one of the facilities operated by ADK. Rain will probably cancel this hike.



KUNJAMUK CANOE / KAYAK

Sunday, August 20

Time: TBA

Rating: C

Ray Bouchard 893-7314 or rayboo_66@earthlink.net

Call leader for details.

YOUNGER MEMBERS — *FIRE TOWER CHALLENGE* — ARAB & OWLS HEAD

Sunday, August 20

Time: 7:30 a.m.

Rating: B+

Jonathan Lane 693-1610 or saratogahiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone. Arab is a short, easy hike at 2.0 miles roundtrip. This will be a nice warm-up for Owls Head, which is a moderate 6.2 miles roundtrip. Both of these peaks have Fire Towers!

KAYAK EVENING PADDLES

Wednesday, August 23

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

RAQUETTE LAKE CANOE AND CAMP

Saturday-Sunday, August 26-27

Time: 1:00 p.m.

Rating: A

Jayne Boudier 793-3770

We'll leave the village with time to set up camp at Tioga Point State Campground. This puts us right in the middle of the prettiest part of the lake, with Saturday evening and half of Sunday to go see beautiful and historic places — the leader is open to suggestions. About 10 miles, leisurely pace, with time to stop. Anyone not wanting to camp may join us (early) on Sunday — call for details.

KAYAK EVENING PADDLES

Wednesday, August 30

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

KAYAK EVENING PADDLES

Wednesday, September 6

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

YOUNGER MEMBERS — *HIGH PEAK* — BIG SLIDE

Saturday, September 9

Time: 7:30 a.m.

Rating: A

Jonathan Lane 693-1610 or saratogahiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone who wants to tackle this High Peak. We will ascend via the Brothers and descend by way of the Slide Mountain Brook Trail and Phelps Trail. Elevation change of 2,800 ft. Roundtrip distance is about 9.5 miles.

HAYSTACK

Sunday, September 10

Time: 5:30 a.m.

Rating: A+

Jack Whitney 793-9210 jack1758@adelphia.net

Maybe the fall foliage will be starting. Hike along with us and see one of the finest views from the summit of the third highest peak in NY. We will start from the Garden trail head in Keene. Round trip distance around 18 miles.



KAYAK EVENING PADDLES

Wednesday, September 13

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

FULL MOONER HIKE — SARATOGA BATTLEFIELD

Saturday, September 16

Rating: C

Time: TBD, Northway (87), Exit 9 Park & Ride in Clifton Park or Battlefield Visitor Center

Aileen Genett 482-9101 solice212@yahoo.com; Please call by 9 p.m., Friday, September 15, or e-mail for meet time.

This is a joint-chapter, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4 miles along the Tour road to the Nielsen Farmhouse. Dress appropriately in layers, walking shoes, gloves, layers, bug dope and flashlight, etc. Rain cancels. Dessert/drink afterward. Permit fee of \$1.00 pp.

KAYAK EVENING PADDLES

Wednesday, September 20

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

KAYAK EVENING PADDLES

Wednesday, September 27

Time: 6:00 p.m.

Rating: C

Paul Martin 796-6289 or pitmartin@adelphia.net

Easy flat water paddles at a leisurely pace. We like to paddle one of the local rivers or small lakes in the area. This paddle is to just get on the water during the week. We have tailgate parties on some paddles to share food prior to launching. These paddles are fun.

Winter Weekend at Heart Lake

The Chapter's 2007 Winter Weekend at the Wiezel Trails Cabin at Heart Lake will be held during the Martin Luther King Weekend from Friday, January 12, to Monday, January 15, 2007.

From the Cabin we will be able to cross-country ski and snowshoe into many areas of the High Peaks. This is a good opportunity for those of you who may be working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await the snowshoe. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mount Jo might be all you want to do. The Loj property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfast and dinners are included in the price. The Wiezel Trails cabin, with electricity, a kitchen, and showers, sleeps 16 persons in four four-person bunk rooms.

Chapter Vice Chair Heidi teRiele is scheduling her last Winter 46th High Peak on Tabletop for that weekend. Thus, all spots should fill up fast. Send your check in early.

The rate for the weekend should be no more than \$90 per person, if all 16 spaces are filled.

If we do not get an appropriate number of attendees, we will need to cancel our reservation at least 60 days (October 16) before our arrival date.

To reserve your spot, send your deposit of \$90 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, NY 12866. Call 518-584-8527 for more details. Reservations are on a first come, first served basis. If we fill all 16 spots, we will maintain a short waiting list.



Tongue Mountain Range, April 1, Jean Holcomb, 8 participants

- Well, it did rain, but not right away and not all day. We got almost to Fifth Peak lean-to before the rain got serious and then up on the ridge it was bad enough to drive us back after getting half-way to French Point Mountain. But we had a great time anyway with some good views at the lean-to and a fairly dry trip back down to the parking lot. Having agreeable and entertaining companions makes all the difference. Participants: Jean Holcomb, Rich Crammond, Sterling Salter, Ray Boucher, Kenneth Bannister, Sue Benedict, Ann Mundy, George Stuart, Bijan Ahmmh.

Moreau Lake Cottage Park Trail, April 9, Jean Holcomb, 10 participants

- This was a perfect day. The weather just kept getting warmer and sunnier. We started out to do the loop over to Moreau Lake overlook but ended up expanding to include the Dam Overlook and other views of the Hudson River. The woods were uniformly beautiful with the white birch showing off their naked torsos to great effect. We heard wood frogs in a vernal pond and enjoyed some “nature moments” while I pointed out the few tree varieties I know well. Pat D. found a bunch of change at the base of a tree. An offering to the nature god perhaps? Couldn’t have asked for a better day or a better group to share it with. Participants: Jean Holcomb, Jim Brown, Cathy Corrigan, Mark Gardner, Gary Rodd, Shadee Rodd, Sterling Salter, Pat Desbiens, Ron Lester, Linda Canty, Jack Whitney.

Saratoga Battlefield Hike, April 15, Rich Crammond, 10 participants

- This outing is always a good time to learn local history and nature along the way. A nice group for sure. We saw garter snakes, northern harriers, a sleeping porcupine and a singing sterling. Happy and safe hiking to all! Participants: Andy Rosedale, Jonathan Lane, Laura Fiske, Mark Gardner, Joe Coffin, Ray Bouchard, Cathy Corrican, Sterling Salter, Nancy Page and Rich Crammond.

Tongue Mountain, April 30, Jim Schneider, 8 participants

- The leader forewarned hikers that the trip would have to be canceled if a cloud appeared. Luckily the trip went off as planned as nary a cloud could be found in the sky all day. What an absolutely gorgeous day. It was a long one at that, but well worth the effort. Participants: Bill Bechtel, Neil Roberts, Jude Nordhoff, Sterling Salter, Carmelita DeCicco, Paul Dietershagan, Ken Austin, and Jim Schneider.

Puffer Pond, Bullhead Mountain, May 6, Rich Crammond, 3 participants

- We didn’t find the crash site and we didn’t hike to Puffer Pond but we did learn some things about how beavers can detour a trail and how increasing heavy rain can cut the outings short. It was still a learning time as every hike in the wilderness is. We saw some nice spring flowers, a neat beaver-flowed area, and a meadow that would look great for an ADK calendar. Thanks to Sandy and Sterling for toughing it out on this wet day. Participants: Sandy Yellen, Sterling Salter and Rich Crammond.

Beaver Meadow Falls, May 7, Pat Desbiens, 14 participants

- The day couldn’t have been more perfect for a hike from Ausable Club Road up to Beaver Meadow Falls. A great group of people — some veteran hikers, some fairly new to hiking and some new members to the GF-S Chapter — took the time on the way to the falls to enjoy the great views of Giant Mountain from the road and enjoy the beauty and peacefulness of the brook on the way to the falls. We arrived at the beautiful falls and enjoyed a snack while watching the water cascading down. It was still early in the day so we decided to continue hiking up to Lower Ausable Lake to enjoy the views from there. After a short break there, it was a leisurely walk back to our cars — a most enjoyable day. Participants: Julie Hanson, Joe Zanchelli, Mark Gardner, Susie Belden, William Carpenter, Patricia Carpenter, Kristine Karig, Cathy Corrigan, George Sammons, Irene Sammons, Kim Ciraulo, Joseph Kubat, Janie Kubat, Pat Destines.

Irishtown to NY 28N, May 20, Rich Crammond, 4 participants

- The rain held off most of the day so we had a good hike to some great Adirondack ponds. Also, it was cool so the black flies weren’t too bad. This was a day to see spring wild flowers, red efts, hummingbirds, waterfalls and green “egg sacks” in the water that looked like a mass of Jello. Neat stuff! We learned a few things and had some fun along the way talking about all the great ADK outings we’ve been on. Thanks to my fellow ADK hikers. Participants: Chuck Gibson, John Collins, Maureen Jones and Rich Crammond.

Pillsbury Mountain, May 20, Jonathan Lane, 2 participants

- There wasn’t much of a view, it was rainy and windy, and there was a chill in the air. But we had a great time! And cookies were enjoyed at the top, which made it all that much better! Participants: Bill Carpenter, Jonathan Lane.

Mount Jo and Heart Lake, May 21, Jack Whitney, 7 participants

- There were overcast skies as we left Glens Falls and started our journey north. We hoped to beat the rainy forecast that had been issued by the weatherman. We arrived at High Peaks Information Center (HPIC), did a quick gear change and headed on to Mount Jo. A leisurely hike to the summit stopping to read the interpretive signs along the way; Arrived on the summit to limited views and light raindrops. Ate a quick lunch in the shelter of the trees, headed back down, the rain tapered off and the group decided to walk around Heart Lake with a stop at one of the lean-tos and then a quick tour of Adirondack Loj before heading home. Participants: Ken Bannister, Eileen Brennan, Bill Carpenter, Kim Ciraulo, Pat Desbiens, Barb Flaming, Jack Whitney.



Outing instructions

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

SIGN UP INFORMATION

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Bruegger's unless otherwise noted in the trip description. Be there and ready to depart at the posted time.

MEETING PLACE INFORMATION

BRUEGGER'S BAGEL BAKERY

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

• From NORTHWAY (I-87)

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

TRAVEL INFORMATION/CAR POOLS

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it's helpful to the 'regulars' to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

PARTICIPATION GUIDELINES

Leaders are responsible to evaluate interested parties' fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions.

*Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip. Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (AND RECENTLY) AND ARE IN GOOD SHAPE AS NECESSARY FOR THAT OUTING.**

*ADK Liability Waiver must be provided by Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors.

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

RATINGS

Hike Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	5-10	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	Up to 5	5-6
C	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

HIKING NEEDS/PREPARATION/EQUIPMENT

Bring Trail Food and plenty of Water on ALL hikes! *Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. — NOT 100% Cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don't trust the forecast or the sky based on the start of the day. Be prepared!

SPECIAL WINTER NEEDS

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants will can expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented "Shell" pants, jackets and mittens are commonly used with warm layers beneath.

BECOME AN OUTINGS LEADER

Ask any Chapter Leader for details. Offer to CO-lead to get the 'experience'! We're always looking for new leaders to help share the fun while "filling in the calendar." New faces offer more varied outings while sharing their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 3 of newsletter)

Program and meeting directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found under "Programs" on the Chapter Web page: www.adk-gfs.org

SARATOGA SPRINGS PUBLIC LIBRARY

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

• From NORTHWAY (I-87)

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

• From ROUTE 9 and ROUTE 50

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

FIRST PRESBYTERIAN CHURCH OF GLENS FALLS

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

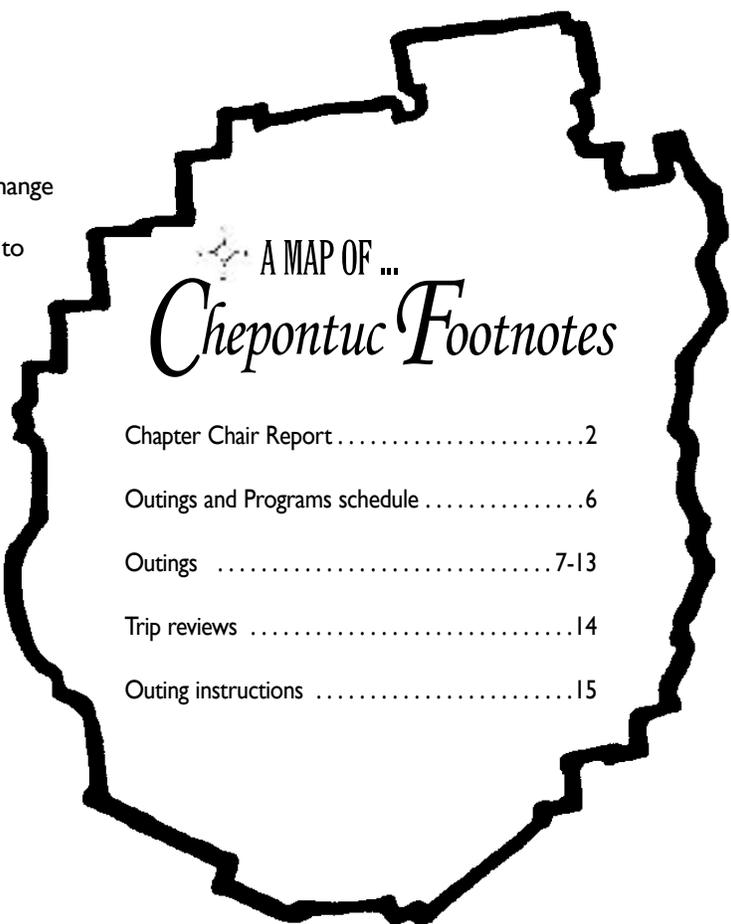
• From NORTHWAY (I-87)

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



Are you moving?

If you are moving, please forward your change of address, including new phone number, to Adirondack Mountain Club, 814 Goggins Road, Lake George, New York 12845. You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club. Therefore, any change of address need NOT be sent to the Chapter — one form or one call to the Club is all you need.



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Chepontuc Footnotes

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

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