



Chepontuc Footnotes

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

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

Journey through Southern Africa

Come along on an outdoor journey through South Africa and Namibia. Explore areas of southern Africa as varied as Table Mountain in Cape Town, the Cape of Good Hope, the most southern tip of the African Continent (not the Cape of Good Hope), Tsitsikamma National Park, the African bush, the

Drakenberg Mountains, three different wild game preserves, and the world's oldest desert. Come see animals in the wild that you see here only in zoos — zebra, giraffe, elephant, lion, rhino, buffalo, leopard, penguin, seal, gnu, impala, kudu, hippo, jackal, wart hog, bush pig, monkey, ostrich, toucan, marabou stork, and many others. View ant hills larger than humans, unusual plants and flowers, and more water-carved potholes in one place than you will want to see. Come experience some of the highest sand dunes in the world — in the rain! — and also see people surf on sand dunes. View San bushman art of paintings and engravings many thousands of years old. Come along on three different safaris — two by car and one on foot. Set foot on infamous Robben Island, within sight of Cape Town, where Nelson Mandela and others were imprisoned during apartheid. Join John Schneider as he and three women, touring three countries (they also visited Swaziland), not only experience the great outdoors but also visit with South Africans and Namibians in their homes and in their schools.

Program

'THROUGH SOUTHERN AFRICA'

WHEN: 7 P.M.
NOVEMBER 16

WHAT: SLIDE PRESENTATION
WITH JOHN SCHNEIDER

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM

Board of Directors meeting highlights

Boards of Directors (BOD) meetings are open to all members. The remaining 2006 meeting will be at ADK Headquarters in Lake George on Dec. 2 at 10 a.m.

ADK Club committees are open to ALL members. Your participation is welcome and encouraged. Contact HQ (668-4447) for information on meetings or contact Maureen Coutant or John Schneider.

Highlights of 9/16/06 BOD meeting:

OFFICERS' REPORTS:

President's Report: Curt Miller

Membership continues to be level with periods of declines. Staff is constantly trying to balance the budget and control expenses with revenue coming in erratically, as is the nature of the organization.

Noted that the Loj is a "hot spot" where your wireless computer can be used.

Executive Director: Neil Woodworth

ADK's forest preserve project to map out use of ADK and Catskill preserve should start in November. The Catskill's portion is being funded by the Open Space Institute.

An improved *Adirondack* should be ready soon. Also go to ADK.org to see the improvements made to the website.

ADK in partnership with Save the Bay is continuing legal action related to the Clean Air Act ... see the website for more details and to see the legal brief.

Operations: John Million

Education programs at Heart Lake were very successful with waiting lists and extra trips for some of the programs. The fall school outreach program has started up with instructors visiting five schools and also using the Heart Lake facilities.

The Professional Trails Crew did work this summer in various areas including: Pigeon Lake Wilderness, Algonquin, Kaaterskill Falls, Baxter Mountain, and Higley Flow. The high school volunteer program continued to be very popular. Fall Trails Day will be Oct 21 — no experience needed, call 668-4447 to sign up. The treadway for the Marge Tierney Memorial Trail, a universally accessible trail, has been completed at Heart Lake. A platform, signage, and composting toilet are planned future projects to complete the trail.

Publications: "No Place I'd Rather Be" by ADK Chapter member Stuart Messinger is now available. The new edition of the West-Central Region ADK trail guide will be out soon. Many other guides or maps are also being reprinted.

The 1993 Heart Lake Master Plan has been revisited and a proposed implementation plan and timetable have been prepared and presented to the board.

Membership and Development: Joe Silberlicht

Did you know that only 14% of ADK members give above and beyond the membership level? ADKers are the

Please see **Meeting**, Page 6

Please consider a donation

BY JIM SCHNEIDER

Frost is on the pumpkin and we look towards winter. I am looking forward to getting the backcountry skis out this winter after a rather dismal snow winter last year ... it just HAS to be a good one. Your chapter outings offering once again provide anything anyone could want in outdoor recreation; including something new to me called Nordic walking, Tuesday mornings in Crandall Park.

Fellow Glens Falls-Saratoga Chapter ADK'ers ... please consider the following information that was contained in a letter to me from the Executive Committee of ADK: The Adirondack Mountain Club has an operating budget that exceeds \$3 million each year. Membership dues provide less than 20% of our club's revenue. Other sources of revenue derive from sales of publications and merchandise, lodging, and program offerings. A substantial percentage of revenue comes each year from voluntary financial support from individual members, chapters, corporations, and foundations. Yet, only 14% of our club's members gift money beyond their annual dues payment. I found this information to be rather startling. Our club — and particularly this chapter — have fabulously enjoyed a phenomenally high rate of member retention over a very long period of time, thus indicating member satisfaction. But, why do 86% of

members NOT donate beyond their annual dues? I suppose we will never find the reason or reasons. I am asking each of you to consider donating to your club at a level that is both

CHAPTER CHAIR Report

We could do so much more good work and be even more supportive of our mission if each of us helped out, even just a little bit. The Adirondack Mountain Club needs to move forward and grow financially.

financially comfortable and conscionably comfortable; five dollars or fifty thousand dollars — the amount is not the important point here. The point is that we all must be aware of this. Our organization is doing pretty much OK financially; my impression is that we are neither falling behind, nor moving forward. We could do so much more good work and be even more supportive of our mission if each of us helped out, even just a little bit. The Adirondack Mountain Club needs to move forward and grow financially.

Remember, your Adirondack Mountain Club is mandated to be “member directed and committed to public service and stewardship.” Since 1922 that has been a very powerful statement and yet, so very true. I am asking every chapter member to do their part in turning the 14% and the 86% around. It would be quite an amazing reality ... yet, very attainable. If you are looking for reasons to contribute beyond your annual dues, send me an e-mail. I'll be happy to reply with a few compelling ones. I personally thank you for your consideration.

— Jim Schneider
metadatajim@gmail.com

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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www.adk-gfs.org

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3258 State Route 4, Hudson Falls, NY 12839
Phone: 747-0700 • E-mail: ddroadwarrior@adelphia.net

New members

GF-S CHAPTER

July

- Geri Benedetto & Anthony Tosti, Marlton, New Jersey
- Steve Brown, Queensbury
- Bill & Lorraine Canty, Ballston Spa
- Joseph & Carol Chiarella, Malta
- John & Sharyl Cornelius, Warrensburg
- Rick & Kerry Davidson, Glens Falls
- Steven DelMedico, Schuylerville
- Ivan Erchak, Greenfield Center
- Millie Fitzpatrick, Clifton Park
- William Gehrin & Jane Owen, Queensbury
- Richard & Judith Gonyeau, Hudson Falls
- Ellen Haskell, Delmar
- Linda Howe, Pottersville
- Michael & Jennifer Kelleher, Lake George
- Meredith Lafferty, East Amherst, New York
- Leland Lakvitz, Clifton Park
- John Maines, Fort Lauderdale, Florida
- Ellen Mitchell, Waterford
- Jessica Riley, Saratoga Springs

- Sally Ross, Porter Corners
- Max Sokol, Clifton Park
- Shelly Walker, South Glens Falls
- Debra Wheeler, Middle Grove
- Rosalia & Robert Williams, Queensbury

August

- Mary Antitila, Mendenhall, Pennsylvania
- Ramona Bearor, S. Glens Falls
- Lynn & Wesley Bishop, Queensbury
- Carol Bram, Warrensburg
- Kate Brass, St. Pete Beach, Florida
- Travis Braymer, Buskirk
- Kevin Butler, Cary, North Carolina
- James Campinell, Glens Falls
- Barbara Cumming, Saratoga Springs
- George, Brenda, Natalie & Samantha Grober, Ballston Lake
- Jerry Grodin, Saratoga Springs
- Kyle Grossman, Schuylerville
- Allen & Ann Halstead, Clifton Park
- Francis Hamblin, Lake George
- Charles Hanehan, Saratoga Springs
- Sheila & Felipe Higginson, Chestertown
- Linda Hill, Glens Falls
- Susan & Thomas Hodgson, Saratoga Springs
- Scotty Huntington, Whitehall
- Scott, Michelle & Zachary Hutchins, Gansevoort
- Sandra & Gregory Martin, Corinth
- Susan & John Menke, Wells
- Julian Offsay, Avon, Connecticut
- Olivia Ortiz, Queensbury
- Ed, Carol & Cheryl Page, Clifton Park
- Kristine Pelow, Fort Edward
- Terri & Bert Rappaport, Queensbury
- Erik Rist, Lake George
- Maggie Roberts, Saratoga Springs
- James Ross, Lake George
- Tammy Rucigay, Saratoga Springs
- Monika Ryan, Schuylerville
- Eustacia, Christian, Amy & Amanda Sander, Lake George
- Carol & David Caruso, Hudson Falls
- John Scervo, Lake George
- Martin & Mary Schaller, Burke, Virginia
- Candi Schermerhorn, Diamond Point
- Meredith Streeeter & John Bensetler, Clifton Park
- Richard Strub, Warrensburg
- Michelle Sweeny & Nestor Pla, Brant Lake
- Richard Sweeny, Chestertown
- Todd Vallencour, Saratoga Springs
- Eddie Vandercaer, Schroon Lake
- Roger Waters, Lake George
- Benjamin Zink, Middleton, New Jersey

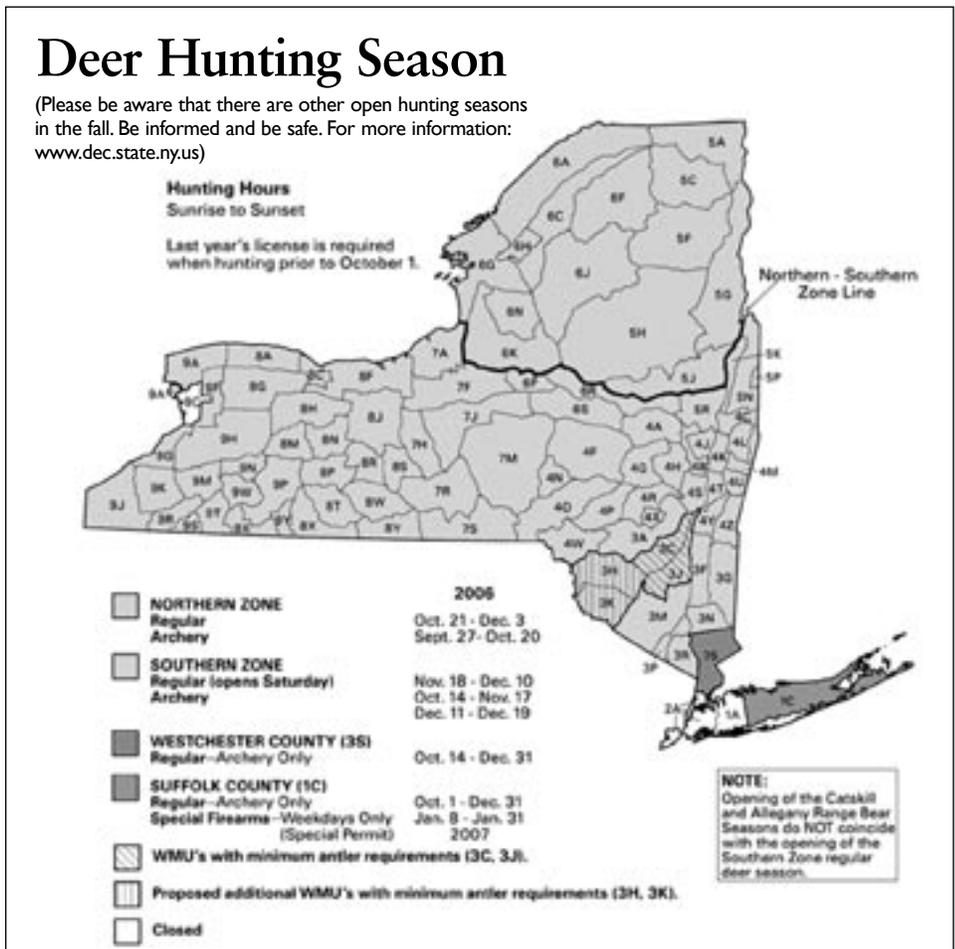
Conservation News

Saratoga County Plans for Greenspace Preservation — The Saratoga County Farmland and Open Space Preservation Committee has released its draft Green Infrastructure Plan. The plan presents a comprehensive vision for land protection, recreational trail development and historical heritage tourism throughout the county. The regional priorities were identified during a series of public meetings last year, and include farmlands, natural systems, historic resources and greenway corridors consisting of trails and waterways. A database and maps of resources will be available to communities as they implement the plan. The County Board of Supervisors will vote on the Green Infrastructure Plan this fall. Acceptance will be an important first step in implementing the vision contained in the plan. To view the plan, visit www.co.saratoga.ny.us/ and click on Green Infrastructure Plan for Saratoga County.

— Jacki Bave, *Conservation News*

Deer Hunting Season

(Please be aware that there are other open hunting seasons in the fall. Be informed and be safe. For more information: www.dec.state.ny.us)



Source: <http://www.dec.state.ny.us/website/dfwmr/wildlife/guide/regdeer.html> (retrieved August 4, 2006)



This from one of our DEC Environmental Camp chapter sponsored campers ...

"Thank you sooooo much for making me aware of and sponsoring me for Pack Forest! I had so much fun and learned a lot about myself, the environment, and the other campers. I talked to several of the counselors about the colleges I'm interested in and the major I would like to go into and they gave me a lot of information and encouragement. I really liked everything about the camp though. I enjoyed the lessons on plants, animals, ecosystems, hiking up trails to observe and catch wildlife."

— Deanna Russell



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. As part of a discovery group, participants will complete lessons that range from field, forest and pond exploration to group dynamics to a study of human impact. Campers will further learn about science and discover the interconnectedness of life on earth as they solve challenges, play games, keep a journal and capture salamanders or butterflies — 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.

One of 2006 recipients, Carson DeLuke, felt the food was "like home cooking" and the counselors "were very nice and smart." He further went on to say, "I learned to be a safe hunter; we played a game called oh dear that taught us about deer habitat ... On the day canoe trip we went through a lock and Lake Colby. I enjoyed this outing a lot."

Please go to our Camp Colby link for further information and/or to download an application form.

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. This camp, located about five miles north of Warrensburgh, sits on 2,500 acres of woodlands which include an 85 acre lake and numerous trails to mountain vistas, marshes and the banks of the Hudson River. 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.

According to one of our 2006 attendees, Deanna Russell, options to choose from this past summer included camping and hiking up either Sleeping Beauty Mountain or Peaked Mountain, canoeing and fishing Indian River by day while tenting overnight, practicing target shooting in an Eco-Challenge, or kayaking to a campsite with an overnight stay. Daily activities included such choices as yoga-meditation, archery, fishing, baking, swimming and tie-dyeing.

Please go to our Pack Forest link for further information and/or to download an application form.

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. The best part was probably meeting new people and having a good time. Our crew leader Matt was also great and really helpful. 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) who are excited by the idea of spending 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. Participants learn how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, and how to use boulders with a steel bar. 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.

Please go to our Teen Trails link for further information and/or to download an application form.

Application forms for all of these sponsorships may be downloaded from our website (<http://www.adk-gfs.org/education.html>) and, when completed, send 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 lrando@hotmail.com.

— Linda Ranado, Education Chair



New Outings Leaders

As the chilly season once again rolls around and many prepare for hibernation, it's a pleasure to welcome another new Outings Leader to the GF-S Team! At times, participants may express their "wish list" to a trip leader. Leaders may consider it for themselves or share the idea with others for future trip planning.

Through leader encouragement and inspiration, occasionally the participant discovers that they themselves can make their wish come true. By joining the Outings team, the trip they want, to the place they want, at a time or day they want is ... now available. And they provide opportunities to others with the same desire!

We continue to appreciate the many days and hours of effort that delivers a welcoming, expansive list of Chapter offerings. Keep up the great work leaders. ... We welcome those who step forward for the first time as well as embrace returning active leaders. As daily life demands allow, please consider renewing or discovering the joy of helping out. The rewards can be immeasurable. Happy Hiking! Skiing!

— Patti Schwankert, GFS Outings Chair
518-371-5510 pjschwank@aol.com

GARY RODD

Having grown up in Amsterdam, NY, I moved to Glens Falls in 1970. I retired from my parole officer career in 2002, having served 36 years with New York State. I have been an active ADK member for three years, biking, rollerblading, hiking and kayaking in the Capital Region as well as the Adirondacks. I am starting my third season as an adaptive ski instructor with Double H Hole in the Woods Ranch. I have found my new passion, Nordic walking which I believe is an activity that easily transitions into Nordic skiing and snowshoeing. I'll be leading Tuesday morning Nordic walking at 9 a.m. at Crandall Park in Glens Falls. Please join me for a new way of enjoying the pleasure of regular walking. I have 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.

On Chapter membership ...

As the year comes to a close, I have spent some time reflecting on what has been accomplished and what we have been doing these past few months. On a personal note, I want to thank all of the Chapter members who were on my "Committee," particularly Jonathan Lane, Jean Holcomb, Sheila Joly, Nancy Hill and Janet Twarzdik; who helped support the events where we were a presence. These people shared their knowledge and were instrumental in signing up new members at events at Saratoga State Park; EMS at Saratoga and Wild Birds Unlimited also in Saratoga. We held a "Membership Picnic" in June at Moreau State Park and even though the weather wasn't very cooperative we had a small but enthusiastic group who came, developed new friendships and enjoyed the hikes, paddling and food that were available. Again, one person can't do this alone

and credit for the success of this event can again be attributed to a great "Committee" — Jacki Bave, Barbara Bave, Maureen Coutant and Linda Ranado. Thanks also to Bill Schwarz and Barbara Bave for leading hikes and Maureen Coutant for leading the paddles at this gathering. A very special thank you has to go to GF-S Chapter members; Steve and Licia Mackey for supplying the food for the picnic — their expertise in this area was invaluable. It was also fun meeting members and potential members on outings and at our wonderful programs. It has been exciting to watch as Jonathan Lane has put a lot of time and energy into developing a Younger Members Group which is attracting a new generation of members to help ensure that our Chapter will be strong in future years.

Our Chapter membership numbers continue to hold steady and I would be very

remiss if I didn't express a thank you to all Chapter members who have introduced potential members to our Chapter by bringing them on outings or to programs. We continue to be a strong Chapter as demonstrated by the educational programs we offer to the area school systems and camp sponsorships; our conservation and advocacy efforts and the monetary support we give to organizations whose missions fit in with those of ADK; by our trail maintenance work; by the monthly programs we offer to our members; by the diverse offerings of outings all led by volunteer Chapter members; and by the efforts and time put in by the Chapter's Executive Committee to ensure that the Chapter stays strong.

It has been a good year and the future looks bright for the GF-S Chapter. There are many ways to be an active member of your Chapter — you are encouraged to participate and help ensure that the brightness of that future continues.

— Pat Desbiens, Membership Chair



Meeting

Continued from Page 1

best sources for additional donations, since they are the ones who know about all the great things that ADK does ... or they should. We need to be better about telling members all that ADK does and that we need support above the membership level to continue doing these great things for the environment and Adirondacks/Catskills in particular.

Treasurer: Tom Wheeler

The July financial statements were presented which were positive as this is typically one of the best months for the organization — lodging, parking, sales.

Many areas are doing well and even better than budgeted at this point, but as always, there are concerns. Membership dues continue to lag behind budget. This may be a general problem in organizations of our kind, but we need to be creative and try to reverse the declining membership and increase donations.

ADK Fundraiser Harvest Moon Madness: Lorraine DiSimone

Encouraged all to attend ADK's fundraiser on Nov. 4 at the Hall of Springs in Saratoga. ADK is accepting donations for the auction and hopes to once again get baskets from most of the Chapters! Go to adk.org for reservations and details.

RESOLUTIONS — The following were discussed:

- An updated Membership Committee Charter was adopted which updated language.
- An updated Banking Resolution that added check signers was adopted.
- A revised resolution on the Sale of Lot #2 (an undeveloped lot on ADK's Lake George Property next to the Lake George Association) was adopted. This allows the discussion of the potential sale to move forward.
- A resolution to support the designation of the Cotton Lake Wilderness (near Utica) was adopted after a compelling presentation by a local user of the area.

Outings and programs schedule

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

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library. Future Programs: Nov. 16

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-Vesley. Future Meetings: Nov. 1 (GF), Dec 6 (Sara), Jan 3 (GF)

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: Jan. 24, March 28, May 24, July 25, Sept. 27, Nov. 28

YMG = Younger Members Group.

November

	WED	Meeting	Executive Committee Meeting Location: Glens Falls	Schneider	—
1	WED	Hike	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
4	SAT	Hike	*YMG* Tenant Creek (Hope) Falls	Gottung	C
4	SAT	Hike	Tongue Mountain — Fifth Peak Leanto — Harvest Moon Madness	Desbiens	B
5	SUN	Hike	Saratoga Battlefield — Harvest Moon Madness	Schwankert	C+
5	SUN	Hike	Giant & Rocky Peak Ridge	Holcomb	A
7	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
8	WED	Hike	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
11	SAT	Hike	Merck Forest Hike	Bouchard	B
11	SAT	Hike	Woods Hollow Nature Preserve	Suarez/Dake	C
12	SUN	Hike	Pharaoh Mountain	Whitney	B
12	SUN	Hike	McKenzie and Moose	Bouder	A
14	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
15	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
16	THURS	Program	"Through Southern Africa" — Saratoga Library	John Schneider	—
18	SAT	Hike	South & East Dix — Maybe More	Lester	A
19	SUN	Hike	Moreau Ridge Trail	Holcomb	B+
21	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
22	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
23	THURS	Hike	Saratoga Battlefield — Turkey Trot #8	Crammond	C+
26	SUN	Hike	Rooster Comb Mountain	Whitney	B
28	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
29	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
29	WED	Meeting	Outings Leaders Meeting — Saratoga Starbucks	Schwankert	—
30	THURS	Program	Saratoga Springs Victorian Streewalk — Post Office	Steen	—

December

2	SAT	Hike	*YMG* Fire Tower* — Leader's Choice	Gottung	B
3	SUN	Hike	Blueberry, Porter and Cascade	Bouder	A
5	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
6	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
6	WED	Meeting	Executive Committee Meeting — Saratoga	Schneider	—
9	SAT	Hike	Crane Mountain and Crane Pond	Bouchard	B
10	SUN	Hike	Pilot Knob — Plane Wreck	Aspholm	B



Chapter Members invited to Executive Committee meetings

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

- November 1, Glens Falls National Bank Community Room
- December 6, Wesley Health Center, Saratoga Springs
- January 3, Glens Falls National Bank Community Room

Please e-mail chapter chair Jim Schneider metadatajim@gmail.com for specific directions and meeting agenda. We hope to see you there!

Chapter Rents Bear-Proof Food Storage Containers

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

Non-Members:

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

Outings and programs schedule

12	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
13	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
16	SAT	Hike	Camp Saratoga off Scout Road, Wilton	Crammond	C+
17	SUN	Hike	Five Mile Mountain	Whitney	B
17	SUN	Hike	Moose Mountain Bushwhack	Bouder	A
19	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
20	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
23	SAT	Hike	Winter High Peak — Leader Choice	Lombard	A+
23	SAT	Hike	Seward	Lester	A+
26	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
27	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
30	SAT	Ski	Santanoni Great Camp Ski	Bouchard	B+
30	SAT	Ski	*YMG* — Rockwood Forest	Gottung	B-
31	SUN	Hike	Winter High Peak	Whitney	A+
January					
1	MON	Hike	NEW YEAR'S DAY — Winter High Peak — Leader's Choice	Lombard	A+
1	MON	Hike	NEW YEAR'S DAY — Black Mountain Loop	Aspholm/Lester	B
2	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
3	WED	Meeting	Executive Committee Meeting — Glens Falls	Schneider	—
3	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
4	THURS	XC Ski	XC Ski — Crandall Park	Coutant	C
7	SUN	Hike	Haystack from ADK Loj	McLean	A+
7	SUN	Hike	Moreau Park Snowshoe	Schwarz	B
9	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
10	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
11	THURS	XC Ski	XC Ski — Crandall Park	Coutant	C
13	SAT	Hike, XC Ski	Dial and Nipple Top Ski/Snowshoe	Mackeys	A+
14	SUN	Hike	Winter High Peak — Leader's Choice	Lombard	A+
16	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
17	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
18	THURS	XC Ski	XC Ski — Crandall Park	Coutant	C
20	SAT	Ski	Destination TBD	Bouchard	B+
20	SAT	Ski	*YMG* — Hoffman Notch	Gottung	A
21	SUN	Hike	Winter High Peak	Whitney	A+
23	TUES	Walk	Nordic Walking — Crandall Park	Rodd	C
24	WED	Walk/ski	Glens Falls Area Wednesday Morning Walk or Ski	Coutant	C or D
24	WED	Meeting	Outings Leaders Meeting — GF Community Room	Schwankert	—
25	THURS	XC Ski	XC Ski — Crandall Park	Coutant	C
27	SAT	Hike	Saratoga Battlefield Snowshoe	Crammond	C+
27	SAT	Hike/Sled	Whiteface Mountain Hike Up/Sled Down	Schneider	A
28	SUN	XC Ski	Avalanche Pass	Mackeys	B+
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



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.*

GLENS FALLS AREA WEDNESDAY MORNING WALK OR SKI

Wednesday, November 1

Time: 9ish-11ish

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

Maureen 745-7834 or mojom@adelphia.net

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

“YMG” TENANT CREEK (HOPE) FALLS

Saturday, November 4

Time: 8:00 a.m., Burger King on Route 30A, Gloversville (call leader for directions)

Rating: C

Jessica Gottung 725-3859 or jgottung@frontiernet.net

This hike is geared for those in their 20s and 30s, but all are welcome. Enjoy a beautiful hike over rolling terrain that parallels the Tenant Creek. Along the way we will visit 3 waterfalls. Our pace will be moderate between stops. Round trip distance about 4.5 miles. This hike is located within the Wilcox Lake Wild Forest for those seeking the Wilderness Quest. Please be advised trip leader will be bringing along a friendly canine companion.

TONGUE MOUNTAIN TO FIFTH PEAK LEAN-TO

Saturday, November 4

Time: 9:00 a.m.

Rating: B

Contact Pat Desbiens 518-899-9688 or pdesbien@nycap.rr.com

This is about a 5-mile round trip up to Fifth Peak Lean-to on Tongue Mountain. There are good views of Lake George to the East and to the South and West. This hike entails about 1,200 ft. of elevation gain. The pace will be slow to moderate with time for stops to appreciate the area. We should be back to the trailhead in plenty of time to prepare for Harvest Moon Madness in the evening. Please call or e-mail the leader for meeting instructions and further details no later than 6:00 p.m. on 11/3/06.

SARATOGA BATTLEFIELD/STILLWATER, NY — WILKINSON TRAIL

Sunday, November 5

Time: 9:00 a.m.

Rating: C — Mostly Flat, Less than 5 miles

Patti Schwankert 518-371-5510

Welcome ADK Harvest Moon Madness folks! For out-of-towners, checking out the local history may be a nice way to stretch your legs before the trip home. Site of the first significant American military victory during the Revolution, the Battles of Saratoga rank among the fifteen most decisive battles in world history. In 1777, American forces met, defeated and forced a major British army to surrender; an event which led France to recognize the independence of the United States and enter the war as a decisive military ally of the struggling Americans. The trail system features the Wilkinson National Historic Trail. The approximate 4.5-mile route winds through open fields and woods passing “interpretive stations” which provide information about the battle. Cannons, monuments and other historic items are also included along the way. At a casual pace it should take about 2 hours. Please call leader for meeting instructions no later than 6:00 p.m. on Saturday, 11/4/06. Additional info: www.planning.nps.gov/document/Saratoga_GMP_Part2.pdf

GIANT & ROCKY PEAK RIDGE

Sunday, November 5

Time: 6:30 a.m.

Rating: A

Jean Holcomb 583-0658 or jchiker@localnet.com

What we do depends on weather and sign-ups. If we have the cars and the weather is good we can do a through hike and enjoy the beautiful sights along this spectacular ridge. If the weather is so-so and the ice is terrible; this could be a Giant only or a trip to Bald Peak. About 9 miles with lots of elevation gain (over 5,000 ft.) if we go through. We will leave from Bruegger's. You must have crampons. Bad weather cancels.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, November 7

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 OR SKI

Wednesday, November 8

Time: 9ish-11ish

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

Maureen 745-7834 or mojom@adelphia.net

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

MERCK FOREST HIKE

Saturday, November 11

Time: 8:00 a.m.

Rating: B

Ray Bouchard 893-7314 or rayboo_66@earthlink.net

Merck Forest & Farmland Center is located in Rupert, Vt., about 1 1/2 hours from Glens Falls. It consists of 3,100 acres that includes 28 miles of hiking/skiing trails as well as a working farm. The area is beautiful. I plan on choosing a few of the trails consistent with the interests of the group; however, elevation changes could range from 1,200 to 2,600 ft. We may hike Mount Antone (elevation 2,600 ft.) but regardless of the trails we take it's typical Vermont countryside so you're either going up or you're going down; there is very little level ground. It's deer season in Vermont so wear some orange.

WOODS HOLLOW NATURE PRESERVE

Saturday, November 11

Time: 11:00 a.m.

Rating: C

Fran Suarez: 587-8612 and Bob Dake: 584-1776

Join us for a hike through a beautiful pine forest. This area was the Ballston Spa waterworks. Now it is a refuge for the Karner Blue butterfly. In November it's a nice local place to take a hike. There's some up and down, a pretty pond, and descriptions along the way. Good for families and those who want to get out on the later side. Pace will be easy, with a distance of 3-5 miles. Call for more information and meeting location.

PHARAOH MOUNTAIN

Sunday, November 12

Time: 8:22 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

Starting from Crane Pond we will hike around 2.9 miles to the summit of this mountain. There was once a fire tower which was mysteriously brought to the ground in the 1990s. There are great views of the High Peaks and northeastern Adirondacks even without the fire tower. Round trip distance is about 6 miles.

MCKENZIE AND MOOSE

Sunday, November 12

Time: 6:00 a.m.

Rating: A

Jayne Boudier 793-3770

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

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, November 14

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 OR SKI

Wednesday, November 15

Time: 9ish-11ish

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

Maureen 745-7834 or mojom@adelphia.net

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

SOUTH AND EAST DIX, MAYBE MORE

Saturday, November 18

Time: 6:00 a.m.

Rating: A

Ron Lester 899-4187 or muleskinner46er@hotmail.com

We'll hike up the Boquet Valley from Route 73 and possibly up the East Dix slide, but only if you are comfortable with it. If there is interest, maybe onto Macomb or Hough, but not both. Be prepared for early winter conditions. This is a nice hike up an open hardwood valley. 12-14 miles. Advanced beginners welcome. Should be fun.



MOREAU LAKE RIDGE TRAIL

Sunday, November 19

Time 7:00 a.m.

Rating: B+

Jean Holcomb 583-0658 or jchhiker@localnet.com

I love hiking Moreau Lake on the Hudson River side. It's a short drive and this trail has beautiful woods with varied terrain and plenty of nice views. I want to do a loop of the entire ridge trail which should end up being 11 or 12 miles. There is some elevation gain, probably 1,000 feet over the course of the hike and there are bale-out points if we run into bad conditions. Bring crampons! Hopefully the hunters will have moved south by then. Meet at the boat launch on Spire Falls Road.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, November 21

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 OR SKI

Wednesday, November 22

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.

SARATOGA BATTLEFIELD TURKEY TROT #8

Thursday, November 23

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

Rating: C+

Rich Crammond 584-2380

Let's work up that holiday hunger again this year. Wildlife viewing along the way. Distance is around 5 miles. Happy Thanksgiving!

ROOSTER COMB MOUNTAIN

Sunday, November 26

Time: 8:00 a.m.

Rating: B

Jack Whitney 793-9210 jack1758@adelphia.net

After feasting on turkey for the last several days let's stretch our legs and tackle this mountain. Round trip distance 5 to 6 miles. Just might need snowshoes!

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, November 28

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 OR SKI

Wednesday, November 29

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.

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

Saturday, December 2

Time: 7:30 a.m., Bruegger's, Stuyvesant Plaza, Albany

Rating: B

Jessica Gottung 725-3859 or jgottung@frontiernet.net

This trip is geared for people in their 20s or 30s, but all are welcome. Hike or snowshoe one of the Catskill Fire towers. Leader's choice of mountain on this hike.



BLUEBERRY, PORTER AND CASCADE

Sunday, December 3

Time: 6:00 a.m.

Rating: A

Jayne Boudier 793-3770

This is the longest, most interesting way to do Cascade and Porter. 8 miles, 3,600 ft. ascent, at as moderate a pace as possible.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, December 5

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 OR SKI

Wednesday, December 6

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.

CRANE MOUNTAIN AND CRANE POND

Saturday, December 9

Time: 7:30 a.m.

Rating: B

Ray Bouchard 893-7314 or rayboo_66@earthlink.net

Crane Mountain is located in the southern Adirondacks near the hamlet of Thurman. We'll miss out on the blueberries but the view should be great with all the leaves off the trees. After exploring the summit we'll drop down and check out the pond before we head back. It's about 1.4 miles to the summit but we'll add a little more to that on the return trip because of the side trip to the pond. Total ascent is 1,154 ft. Elevation is 3,254 ft.

PILOT KNOB

Sunday December 10

Time: 7:30 a.m.

Rating: B

Bob Aspholm 798-8599 or pine4422@yahoo.com

We'll go in from the Inman Pond trailhead and follow the old tote road up to the height of land and turn left heading west along the ridge to the summit. After some time enjoying views there we'll head down to the plane wreck site and then head back for the return. Much of this outing occurs off-trail so be prepared. About 8 miles round trip and about 1,100 ft. ascent.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, December 12

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 OR SKI

Wednesday, December 13

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.

CAMP SARATOGA

Saturday, December 16

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

Rating: C+

Rich Crammond 584-2380

This hike will be around 3 miles in a nice area. We may need snowshoes so please bring them along with you. Merry Christmas to all and to all a super good hike!



FIVE MILE MOUNTAIN

Sunday, December 17

Time: 8:00 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

If you have finished your Christmas shopping take this opportunity to enjoy the views along the trail and this summit in the Tongue Mountain range. This might be a snowshoe hike.

MOOSE MOUNTAIN BUSHWHACK

Sunday, December 17

Time: 6:30 a.m.

Rating: A

Jayne Boudier 793-3770

Adirondack Explorer says this has views of the High Peaks — our adventure may be to find them. Approximately 13 miles, 1,700 ft. ascent, at a moderate a pace. From Moose Mountain Pond in Hammond Pond Wild Forrest, North Hudson.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, December 19

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 OR SKI

Wednesday, December 20

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 HIGH PEAK

Saturday, December 23

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.

SEWARD MOUNTAIN

Saturday, December 23

Time: 4:30 a.m.

Rating: A+

Ron Lester 899-4187 muleskinner46er@hotmail.com

Seward is the main objective. IF conditions and time allow, Donaldson and Emmons are possible. Leader will decide the route per conditions. The road into the summer trailhead is usually open and plowed for the holidays. 15 miles, or 21 miles if we have to hike the road in. Full winter battle gear.

CRANDALL PARK — TUESDAY MORNING NORDIC WALKING!

Tuesday, December 26

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 with out 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 OR SKI

Wednesday, December 27

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.



SANTANONI GREAT CAMP SKI TRIP

Saturday, December 30

Time: 7:30 a.m.

Rating: B+

Ray Bouchard 893-7314 or rayboo_66@earthlink.net

Hey, you have to think positive when it comes to snow these days but typically when the ground around here is bare Newcomb has enough to make the trip worthwhile. That's my theory anyway. If my forecast is wrong then we'll hike into the Great Camp just to work off some of that holiday dinner. The B+ rating is because the total distance is 10 miles but the pace will be moderate and we'll be skiing on a wide old carriage road with elevation changes of only a few hundred feet. You'll love it. The area has its own microclimate so don't dress based on the Glens Falls forecast.

YMG X-C SKI ROCKWOOD FOREST

Saturday, December 30

Time: TBD, Burger King, Route 30A, Gloversville; Call leader for directions

Rating: B-

Jessica Gottung 725-3859 or 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. Last year Rockwood Forest had good snow when it couldn't be found anywhere else. Good for beginner to intermediate skiing, the forest preserve offers rolling terrain but also a few thrilling down-hill opportunities. If there is not enough snow, we will go hike elsewhere at a B level. Please be advised that the leader will be bringing a friendly canine companion on this outing.

WINTER HIGH PEAK

Sunday, December 31

Time: 5:30 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.

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 OR 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.



HAYSTACK FROM ADK LOJ

Sunday, January 7

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

Rating: A+

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

We will take the Van Hoesen 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.

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 1/2-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 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 11

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

Rating: C

Maureen Coutant 745-7834 or mojom@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.

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.

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 1/2-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

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

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

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 X-C 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

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.

WINTER HIGH PEAK

Sunday January 21

Time: 5:30 a.m.

Rating: A+

Jack Whitney 793-9210 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 23

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 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

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

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!

WHITEFACE MOUNTAIN HIKE UP / SLED DOWN

Saturday, January 27

Time: TBD

Rating: A

John Schneider 584-8527

Call leader for details.



Outings

AVALANCHE PASS — SKI

Sunday, January 28

Time: 7:00 a.m.

Rating: B+

Steve & 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.

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 1/2-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.

Canoe/Kayak Rating System:

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

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

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

ADK Winter Mountaineering School



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

Weekend Day Hiking Section: January 5-8, Cost: \$295.00
 Weekend Backpacking Section: January 5-8, Cost: \$250.00
 Combo Section (Day Hikes & 3-night Backpack): January 5-11, Cost: \$350.00

www.winterschool.org
 or call 518-523-3441



Cedar River Flow Canoe/Kayak Trip, August 6, Ray Bouchard & Jack Whitney, 16 participants

- It was a perfect day for paddling. The sky was blue with hardly a breeze stirring when we left. We were greeted by a pair of loons soon after entering the main body of the flow. Others spotted a bald eagle near the southern end. The water level was higher than normal for this time of year due to recent rains so it took some quick paddling to enter the Cedar River but everyone made it. We had a leisurely lunch at the lean-to with lots of time for sharing stories before heading back. Participants: Ray Bouchard, Carolyn Bouchard, Dan Bouchard & family, Peter Bishop, Dan D'Angelico, Pat Desbien, Gail Epstein, Phil Fountain, Gretchen Gedroiz, Heidi teReile Karkoski, Rebecca MacLachlan, Rich Myette, Jack Whitney.

Panther Gorge Backpack, August 11-13, Jim Schneider & Jan Carlson, 5 participants

- The weather was perfect, if not on the chilly side. Weather data from the village of Lake Placid had a low temperature of 36 degrees; We presumed a bit cooler in Panther Gorge. The climb over Haystack, Marcy and Skylight was nothing short of spectacular. Leisurely hiking in and out from Elk Lake afforded relaxing lunch and raspberry-picking breaks. It was a great weekend spent in a dramatically beautiful location. Participants: Bill Bechtel, Karen Bechtel, Jan Carlson, Jim Schneider, Peter Valastro.

Petersburg Pass, August 19, Rich Crammond, 5 participants

- We got some good exercise on this hike for sure. We found out just how rugged the landscape can be because we hiked up, down and 'round and 'round for a loop route. The view was impressive and we hiked through a mixed forest of hardwood, hemlock and large areas of ferns. It was nice to have Ron Lester on this hike — one of ADK's best! Thanks to a rugged group! Participants: Jean Rich, Ron Lester, Steve Bederian, Charlotte Smith, Rich Crammond.

Rocky Falls, August 19, Pat Desbiens, 9 participants

- The original plan was to hike both Rocky Falls and then Mount Jo; however, rain cancelled the Mount Jo portion so instead eight adventurous souls set out for Rocky Falls. Jim Dickson brought his wife and three grandchildren who were visiting from Connecticut. We were all entertained by a toad trying his best to hide from us at a stream crossing. Upon arrival at the falls, no one was brave enough to go for a swim but we all were able to enjoy our lunches and the beauty of the area. Participants: Karen Duffy; Gary Rodd; Mr. and Mrs. Jim Dickson and grandchildren, Dylan, Ryan and Kelly; George Zickler; Pat Desbiens.

Arab and Owls Head, August 20, Jonathan Lane, 7 participants

- Arab was pretty socked in, but we were fortunate enough to get some views from Owls Head. A good day with good people! Participants: Bill Carpenter, Pat Desbiens, Julie Hanson, Jonathan Lane, Caroline Ross, Sally Ross, Jack Whitney.

Tioga Point, August 26-27, Jayne Boudier, 3 participants

- We had a beautiful day late Saturday, and a nice campfire later. The forecast rain arrived Sunday morning, then gave us a few hours break, to tour the Needles and Hens and Chickens Islands, before hurrying us on out of there. Beat staying home watching T.V. Participants: Ray Boucher, Jayne Boudier, Brenda Tabor.

Azure and St. Regis, September 2, Jonathan Lane, 4 participants

- The day was cool and windy, but we had decent views, good company, and plenty of laughs. Participants: Bill Carpenter, Kim Ciraulo, Julie Hanson, Jonathan Lane

Tuesday Evening Paddles — Hudson River, Exit 18, September 5, Maureen Coutant, 6 participants

- A steady sprinkle/drizzle didn't even stop this group. A few kayakers donned trash bag spray skirts but the rest of us just got a wee bit damp. We explored the bay area just to the west of the Northway — most of us didn't know it was there to check out! Participants: Maureen Coutant, Licia and Steve Mackey, Andrew and Anne Paolano, Alison Seville.

Big Slide, September 9, Jonathan Lane, 10 participants

- The weather forecast wasn't too promising, yet we decided to go for it and hope luck was on our side. As it turned out, we made it up over the Brothers to the peak and had some pretty nice views. Until, that is, some menacing clouds decided we had hung out on top long enough. Despite some wet stuff, we all had a great time and a special congrats to Eileen and Julie for conquering their first High Peak! Participants: Eileen Brennan, Kim Ciraulo, Jim Dickson, Jessica Gottung, Julie Hanson, Liv Kirk, Jonathan Lane, Daniel Muller, Erik Rist, Sheri Shevy.

Wednesday Morning Walks, Coles Woods, September 13, Maureen Coutant, 6 participants

- A slight drizzle didn't stop this group from looping through the woods twice. It didn't slow the conversations either! Participants: Mace Comora, Maureen Coutant, Albina Lentile, Licia and Steve Mackey, Gary and Sharlee Rodd.

East Dix (Grace Peak) Slide to Macomb Slide, September 17, Jim Schneider, Bill Bechtel, 10 participants

- The hike in, while uneventful, was nothing short of wonderful with the many waterfalls and streamside beauty. After scouting and recon, we found the perfect spot to climb the slide which is known to be a bit "greasy" on the lower approaches. Teamwork ruled the day as we helped each other up, over and through the ledges, cracks, and slots. After a summit lunch we sauntered over South Dix (Carson Peak) and Macomb to the Macomb Slide. Everyone finished strong and satisfied. Awesome day. Participants: Bill Bechtel, Jonathan Bechtel, Todd Bechtel, Jan Carlson, Chris Koebelin, Stan Kryzysik, Mark McLane, Sterling Salter, Jim Schneider, Sandy Yellin.



Wednesday Morning Walks, Feeder Canal Trail (Richardson St.-Glen St.), September 20, Maureen Coutant 12 participants

- Many of us had not walked the Feeder Canal Trail even though we'd lived in the area for many years. For others it brought back memories. We took a slight detour and checked out the new overlook to Coopers Cave. An interesting trip and we plan to do another section in a few weeks. Participants: Virginia Carluccio, Janet and Rene Clarke, Mace Comora, Maureen Coutant, Linda Howe, Albina and Roseanne Lentile, Renee Lombard, Licia Mackey, Gary and Shar Rodd.

Duck Hole Camping, September 23-25, Jayne Boudier and Don Tabor, 4 participants

- I was ready to cancel, but Don and the rest were game for rain. Preston Ponds trail and Duck Hole were beautiful (lots of water running) and my favorite lean-to by the dam was available because it leaked a little. On Sunday morning, Cold River Bob incited the leaders to change plans: from a hike to Wanika Falls to an adventure bushwhack in search of the Oluska Pass lumber camp. Which we found, along with some sunshine! Then back for a soggy rendezvous with the other half of our group, a cheery campfire, and another rainy night. Monday we had a hot breakfast and clearing skies, so we explored around another lumber camp, and some high waterfalls on McNaughton brook to make our last day last longer. Great trip! Great to have on dry socks! Participants: Jayne Boudier, Jennifer and Wayne Jones, Don Tabor.

Red Hill & Balsam Lake, September 24, Jonathan Lane, 3 participants

- The rain held off until we reached the peak of the second mountain, Balsam Lake, then the rain poured down and the wind tried to blow us crazy hikers off of the tower! Despite the brief downpour, we had a great time hiking in the beautiful Catskills. Participants: Kim Ciraulo, Jonathan Lane, Bonnie Powers.

Tues Evening Paddles, Feeder Canal (Murray St. to Hudson Falls), September 26, Maureen Coutant, 6 participants

- We delayed the trip for a week and got much better weather! After spotting cars, we had an enjoyable adventure through the industrial section of Glens Falls. It's not every ADK trip that paddles under a factory and bridges and through culverts. Participants: Maureen, Licia and Steve Mackey, Andrew and Anne Paolano, Gary Rodd.

Wednesday Morning Walks, Hudson Pointe, September 27, Maureen Coutant, 11 participants

- We took a walk down to the Hudson River and as expected, we were not able to get to the bridge to do the loop — too much water on the trail. We circled back and were able to get to the bridge from the other direction. A heron took flight as we got there and a few trees with nice fall colors added to the view. Participants: Virginia Carluccio, Janet and Rene Clarke, Mace Comora, Maureen Coutant, Albina Lentile, Licia Mackey, Joe Olson, Gary and Shar Rodd, Donna Senkus.

Overlook and Tremper, September 30, Jonathan Lane, 3 participants

- Two beautiful Catskill peaks that are home to Timber Rattlesnakes, yet we didn't see a single one! But, we were all OK with that. The views from Overlook were great, but by the time we reached the peak of Tremper, the rain and clouds had moved in. It was a nice, easy-paced day with great company, lots of laughs, and two more Fire Tower peaks down. And congrats to Jonathan Lane for completing the Fire Tower Challenge on this hike! Participants: Kim Ciraulo, Rich Crammond, Jonathan Lane.

Goodluck Cliffs, September 30, Jessica Gottung, 3 participants

- We started in from Route 10 along the trail to Goodluck Lake. After a little head-scratching we found the unmarked trail up to the cliffs. Along the way we were able to check out some nice caves that were created by huge, fallen boulders. At the summit, we enjoyed truly picture-perfect fall foliage and views that seemed to go on forever. We snapped a few pictures, had a snack and headed back down. In the way, we met up with a couple getting ready to do some rock climbing. We also stopped for a view of Goodluck Lake. Participants: Bonnie and Greg Boverman, Jessica Gottung.

Jay Range, September 30, Jacki Bave, 13 participants

- It was downright crowded on the Jays this day, and with good reason. The weather was perfect, and the views of the fall colors were spectacular. And if that wasn't enough to make this a perfect day, 3 people also brought cookies to share! Participants: Ken Austin, Steve Barlow, Barb Bave, Jacki Bave, Ray Boucher, Charles Czech, Gayle Epstein, Emil Klymkow, Ron Lester, Sheila Joly, Sterling Salter, Pete Valastro, John Wimmer.

Join the Club!

When you join the ADK, you can choose to "affiliate" with the Glens Falls-Saratoga Chapter. The Glens Falls-Saratoga Chapter has a membership of more than 2,800, making it the second largest ADK chapter — and it's growing fast! Most members reside in either Saratoga, Warren or Washington Counties of New York State. As a chapter member, you will also receive the bi-monthly *Chepontuc Footnotes* newsletter.

The club offers something for everyone. Activities include hiking, canoeing, cross-country skiing, social events, interesting programs, etc. You do not have to be an athlete or drive long distances to enjoy many of our outings. Hikes range from short, easy walks to more challenging climbs in the High Peaks. Many activities are local — not all require a long drive.

To join, go to www.adk-gfs.org and click on "Join the Club."



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

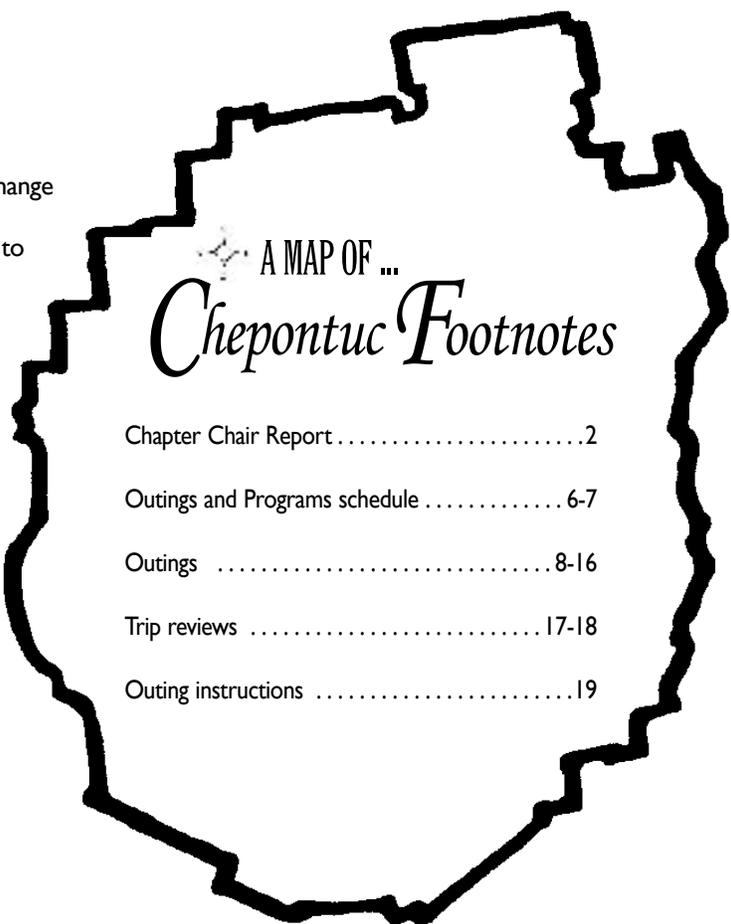
• From NORTHWAY (I-87)

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.



A MAP OF ...
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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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