

The **Lookout**

APRIL-MAY 2016



Adirondack Mountain Club — Schenectady Chapter

Dedicated to the preservation, protection and
enjoyment of the Forest Preserve

<http://www.adk-schenectady.org>

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On the
cover

Buck Mountain by Roy Keats.

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APRIL-MAY 2016

The Lookout

The newsletter for the Schenectady Chapter of the Adirondack Mountain Club

Chapter Picnic Committee Members Wanted!



Jacque McGinn will be planning this year's Annual Chapter Picnic and could use committee members to help with everything from planning to executing as well as organizing outings to go along with it. Please let her know, as soon as possible, if you would like to be involved with this year's picnic, and together you will help make it a memorable one! Feel free to call Jacque at 438-0557 or email her at jeve3@aol.com.

Younger Member Potluck, Presentation set for April 7

If you're roughly 18 to 35 and looking to build some community with other likeminded young adults in the Schenectady area, join us for a good food and great conversation! A Younger Member Potluck & Presentation will take place Thursday, April 7, from 6:30 to 8:30 p.m. at the Messiah Lutheran Church, 2850 Guilderland Ave., Schenectady.

Stephanie Gaudons, Young Member Outreach Coordinator for the Main Chapter ADK, will discuss the many opportunities available through the ADK for younger members, and will help us brainstorm about how to increase our younger member programming. All are welcome, members and prospective members alike! Contact Dustin Wright at dustingwright@gmail.com or 603.953.8782 for more details.

Whitewater instruction to be offered June 18 and 19

Intermediate/Novice whitewater instruction for kayakers will be offered on June 18 and 19 by the Schenectady ADK.

This two-day clinic is designed for boaters who have had some previous experience, but still need more work to perfect the basic strokes and maneuvers.

Students should have paddled class-1 or 2 whitewater five or more times, and be able to perform eddy turns, peel-outs, and ferries on class-1 water. They should be able to paddle in a straight line, identify river features including eddies, waves, and holes, and self-rescue in class 1 and 2 water. Kayakers should have or be working on a roll and must be comfortable with wet exits.

Students will start on flat water to refine paddling techniques, as well as rolls. On the river students will work on performing crisp reliable eddy turns, peel-outs, angle control on ferries, and gaining overall experience.

Instruction will start at 8 a.m. at a location to be determined later and be over each day by late afternoon. Students must provide their own equipment, including the boat.

The cost for the two days of instruction is \$40. For more information contact instructor Sally Dewes [\(518\)346-1761](tel:5183461761).

The last day to sign-up is June 10.

Innings and Outings

How do I sign up for a hike?

For further details or to sign up for a hike, call the trip leader. Try to call at least two days in advance, as leaders may cancel on the day before an outing if there is insufficient interest. Leaders reserve the right to refuse participants for any reason, including lack of experience and/or lack of physical fitness. All equipment and supplies are the sole responsibility of the trip participants.

What do I need to bring?

The trip leader will let you know if any special equipment (crampons, snowshoes, etc.) will be needed. In general, you should always carry food, water, rain gear, map, compass, headlamp, first aid kit and extra clothing, including hat and gloves in case temperatures drop. Clothing for wet or cold weather should not be made of cotton — use a synthetic fleece or wool. If in doubt, ask the leader.

What if I don't have snowshoes/crampons?

The chapter has hi-tech snowshoes and one pair of universal fit crampons available for rental at \$5/trip. Contact Stan Stoklosa at 383-3066 to arrange for pick up from his convenient location in Clifton Park. Gear is also available to rent at local retailers..

Should I reimburse drivers for gas?

Yes! Each rider should pay their driver four to five cents per mile, depending on the current cost of gasoline. With gas at \$2 per gallon, four cents per mile should be used and at \$2.50 per gallon, five cents should be used (\$3/gallon – six cents, etc).

The kind of hikes I'd like to do aren't listed here — what can I do?

Trip leaders may be willing to plan trips based on member suggestions. If there's a specific trip you'd like to do, contact Larry Woods at 518- 810-7552 and let him know.

Wilderness First Aid Course

The Schenectady Chapter Board agreed to provide partial tuition refund for outings leaders who take Wilderness First Aid courses. The program is modeled after the 46ers current program so people who are both 46ers and Schenectady trip leaders can reimbursement. For further information, call Larry Woods at 518-810-7552.

HIKE CLASSIFICATIONS

<u>Distance</u>	<u>Leader's Pace</u>	<u>Terrain</u>	<u>Examples</u>
A+ 13 Miles or More	1. Fast	A Very Difficult	A+1A Most Difficult Trip
A 8-12 Miles	2. Moderate	B Strenuous	B2C Moderate Trip
B 5-8 Miles	3. Slow	C Average	C3D Easy Trip
C Under 5 Miles		D Easy	

Saturday, April 2

Slide Mountain, Class B2B

John Susko 383-1284

Slide Mountain is the highest peak in the Catskills with good views from the summit. We'll do a loop hike taking the Curtis-Ormsbee trail on the way up which provides additional views before returning on the more direct Slide-Cornell-Wittenberg trail. The distance is 6-7 miles with 2000 feet of ascent. At this time of year we might need snowshoes and/or microspikes/Stabilicers.

Saturday, April 9

Mud Lake and West Stony Mountains

Class A2A

Herb Terns, 372-8478 or trailhead@verizon.net

These are two small mountains are near the "new" section of Northville Placid Trail just outside Northville. Neither one has an official name although guidebook author Bill Ingersoll has named West Stony which has excellent views north toward West Stony Creek. We'll follow the NPT for a while before bushwhacking up Mud Lake Mountain and then over West

Outings

Continued from Page 2

Stony to the Creek where we'll follow the trail back to our car. Total distance will be roughly 9 miles with half of it off-trail, and climbing of roughly 1500 feet.

Saturday, April 16

**Younger Member Outing: Overlook Mountain
Class B2B**

**Dustin Wright, dustingwright@gmail.com or
603.953.8782**

Overlook Mountain features one of the five remaining fire towers in the Catskills and is part of the Glens Fall/Saratoga Chapter's Fire Tower Challenge. Round trip distance is 5 miles with 1400 feet of elevation change with the trail following the unusually gradual grade of an old carriage road. The trail also features the ruins of Overlook Mountain House. Signup by April 11th.

Sunday, April 17

**Beginner/Novice Mountain Biking
Class B2C**

Larry Woods, 810-7552 or choater1@yahoo.com

We will ride dirt roads and easy double or single track trails. Entry level mountain bikes are suitable, helmets are required. The location will be decided as the date approaches and will be based on current trail conditions and group ability. Choices may include Grafton Lakes State Park, The Northern section of Thatcher State Park, or perhaps a trail network in the Adirondacks.

Saturday, April 23

**Eddy Mountain and Buttermilk Hill
Class B2B**

Norm Kuchar, 399-6243 or nku-char@nycap.rr.com

These two small mountains lie in the Lake George Wild Forest, just east of the Hudson River in the Towns of Lake Luzerne and Warrensburg. Despite their low elevations (about 1350 ft), both are reported to have open ledges with nice views

across the Hudson to Hadley, Baldhead, Moose and Crane Mountains. Although this hike is classified as a bushwhack, we'll use dirt roads, a marked trail, old logging roads and herd paths in places. The hike will also take us past the Bear Slides, a series of long rock slides on Buttermilk Brook. Distance is about 5.2 miles, with about 950 ft of climb.

Sunday, April 24

North Dome and Sherrill Mountains

Class A2A

Herb Terns, 372-8478 or trailhed@verizon.net

This will be a bushwhack trip up two of the Catskill 3500 peaks. We'll leave from Spruceton Road, follow the state trail near Mink Hollow before beginning our bushwhack. Trip will be roughly 10 miles round trip with over 2,000 feet of gain.

Wednesday, April 27

Last Great Shoreline

Class C2C

Walt Hayes, 399-7482

This hike will be on trails of the Lake George Land Conservancy starting at the Last Great Shoreline Preserve and ending on a through trip to the Gull Bay Preserve. There are some steep sections but mostly easier walking. The trails are often on old roads. There are views of Lake George from several lookout points with hope for seeing spring flowers along the way. Total mileage will be under five miles.

Saturday, April 30

Northville-Placid Trail Steward Trip

Class B3D

Roy Keats 370-0399 or rovskipaddle@gmail.com

Please join me for another semi-annual cleanup patrol on the N-P Trail, between Lake Durant and Stephens Pond. Side-cutting, drainage clearing, and light blow-down removal are expected. It is an easy introduction to trail maintenance. This is an out-and-back trip of about 6 miles with a nice scenic spot by the lake for

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Outings

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lunch. Limited to 6 participants.

Sunday, May 15

Beginner/Novice Mountain Biking

Class B2C

Larry Woods, 810-7552 Or cboater1@yahoo.com

We will ride dirt roads and easy double or single track trails. Entry level mountain bikes are suitable, helmets are required.

The location will be decided as the date approaches and will be based on current trail conditions and group ability. Choices may include Grafton Lakes State Park, The Northern section of Thatcher State Park, or perhaps a trail network in the Adirondacks.

Wednesday, May 18

Homestead County Forest bushwhack

Class C3C

Walt Hayes, 399-7482

We will explore along the banks of Cadman Creek including the sites of two sawmills and two bridges. We will cross the Creek at least once so water wading shoes should be included in equipment. The stream generally does not provide rock hopping opportunities. The leader has not explored the southern bank of the stream and hopes to learn more about the sawmill sites from those vantage points. The distance will be under four miles but will be an exploring bush-

whack. It will be at a relaxed pace - maybe slow is the correct word.

Saturday, May 21

Lake Abanakee Paddle

Class B2C

Roy Keats 370-0399 or royskipaddle@gmail.com

Lake Abanakee is on the way to the town of Indian Lake. We put in a little past the town beach and paddle up the lake past usually several Osprey nests, many loons and some interesting camps. At the far end of the lake we continue into a wide swampy area with two small inlet streams to explore. Depending on how much exploring the group wants to do, the total mileage could vary from 7 to 10 miles.

Saturday, May 21

Balsam Cap, Friday and Slide Mountains

Class A+2A

Herb Terns, 372-8478 or trailhed@verizon.net

There's no sugar coating it, this is going to be a long day with a lot of bushwhacking. We'll follow the Neversink River northeast toward Balsam Cap, to Friday and then bushwhack north to the state trail on the Burroughs Range where we'll climb over Slide Mountain on our way back of the big loop. Round trip distance will be roughly 17 mile with close to 4,000 feet of gain. Bring a headlamp.

Trip Tales

Whiteface Mountain Memorial Highway Ski

December 5, 2015

This trip had been canceled because of lack of snow. The weather station folks were still able to drive to the top. But at about 4 PM the day before the trip. I found out that it was indeed skiable for those willing to ski on an inch or two of powder with an underlay of ice. So a few of the original signups who were up for a

challenge skied up as planned. The skiing was excellent. But you did need to pay special attention to occasional asphalt patches grabbing your skis and icy patches sending you the other way. We came above the clouds into a gorgeous sunny sky with the High Peaks visible above the clouds spread out below us. This was a joint Schenectady and Cold River Chapter

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Trip Tales

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trip. The participants were Sara Mullins, Barbara Kearns, Ken Shea, Marti Townley and Roy Keats (co-leaders).

Good Luck Mountain cliffs

January 23, 2016

The former bushwhack to the cliffs is now a marked NYS trail. This outing was not as easy as the leader had expected. We wore snowshoes but the route was firm with only a couple inches of fresh snow on top. Things went smoothly until we encountered the steeper ice covered slopes near the top of the climb. It took some time and extra effort to complete the last part of the climb. It was a cloudy day but we could see the nearby ponds from the summit view point. After lunch at the summit we took the less steep bushwhack route down toward the northeast. There was no solid snowshoe route to follow down so route finding was more of an issue than expected. We met some snowmobilers at a trail junction. They offered us venison jerky and we enjoyed comparing stories of the day. Participants were Charlie Beach, Lew Hill, Norm Kuchar, Gail Livingstone, Mary MacDonald, Ken and Nilde Marcinowski, Ron Phillip and the leader. (Walt Hayes)

Partridge Run

January 28, 2016

This outing was originally billed as a snowshoe hike

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and was scheduled for Jan 19, but there were only traces of old snow in the Albany County hill town of Berne, and the forecast for Jan 19 called for temperatures in the mid-teens and 25-30 mph winds – not a good day to be outdoors. So, the hike was postponed until we had a pleasant day with sunny skies, temperatures in the 30's and light winds. We hiked in the eastern third of the 4,500-acre Partridge Run Wildlife Management Area. The trails in this part are all old roads, some lined with beautifully constructed stone walls, indicating that this hilly and rocky area was once the home of har-

dy farmers. We made a 4.6 mile loop, using the colorfully-named Redbelly Trail, Wood Duck Trail, Kingfisher Road and Partridge Run

Road. Highlights included a stop by frozen Wood Duck Pond, which was making deep grunting noises under the ice, and lunch by the good-sized falls on Partridge Run, ringed by big globs of ice. We used microspikes on one hilly section of an icy road, but bare-booted most of the hike. Hikers were Charlie Beach, Walt Hayes, Rich Vertigan and the leader (Norm Kuchar).

Echo Cliff and Panther Mountain

February 9, 2016

The climb to Echo Cliff was on hardened trail without need for snowshoes. Views over Piseco Lake were somewhat limited by cloud cover. The bushwhack to the summit of Panther was in less consolidated snow with no evidence of prior climbs. The woods is open and easy after negotiating the line of cliffs in the col between Echo Cliff and Panther Mountain. We climbed the slope NE of the steepest line of cliffs. The summit is interesting with a large rocky ridge exactly at the top. We had lunch just off the top and enjoyed an easy return to the cars. In the last part of the descent we became aware of nearby coyote activity. We saw tracks crossing our trail and then heard a few individual coyotes calling to each other. We agreed that we generally have heard coyotes at night at some distance and rarely as close as they were on this hike. They could not have been far since we were close to the shore of Piseco Lake at the time we heard them. Participants were Trisa Bills, Nancy Buckley, Pete Fedorick, Norm Kuchar, Kathy Miles, John Susko and the leader. (Walt Hayes)

Pinnacle Icefalls

February 23, 2016

With only about 8 inches of crusty snow on the ground, we had a rather easy time getting to the three icefalls on the northwestern side of Pinnacle, in northern Fulton County. With the light snowfall

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Whitewater Schedule

Date	Day	Event	Level	Contact	Phone
March 26	Saturday	Catskill Creek/ Leader's Choice	III	Bob Wright	279-1428
March 28	Monday	Normanskill	II	Sally Dewes	346-1761
April 2	Saturday	West Branch of Sacandaga	III	Rick Gonzales	461-2718
April 9	Saturday	Catskill Creek	III	Mike Raley	797-3547
April 10	Sunday	Westfield- Pork Barrel	III	Charles Murray	413-298-4598
April 16	Saturday	Catskill Creek	III	Norm Labbe	877-0076
April 17	Sunday	Westfield- Knightville	III	Charles Murray	413-298-4598
April 23	Saturday	Schroon/ Leader's Choice	III	Mal Provost	399-1565
April 24	Sunday	Riparius to the Glen	III	Bob Wright	279-1428
May 7	Saturday	North Creek to the Glen	III	Larry Woods	810-7552
May 8	Sunday	HR Whitewater Rescue	III	Larry Woods	810-7552
May 14	Saturday	Lower Boreas/ Hudson	II/III	Rick Morse	494-4094
May 15	Sunday	Schroon/ Leader's Choice	III	Bob Wright	279-1428
May 21	Saturday	Riparius to the Glen	III	Rick Gonzales	461-2718
May 22	Sunday	Schroon/ Leader's Choice	II/III	Norm Labbe	877-0076
May 28	Saturday	Schroon/ Leader's Choice	III	Mal Provost	399-1565
May 29	Sunday	West Branch Sacandaga	III	Nelson Miller	813-0546
May 30	Monday	Riparius to the Glen	III	Clark Darlington	370-2144

Conservation Report

Chances for outdoor-oriented folks to get their feet wet and hands dirty are approaching with the warm weather. Many ADK members will be active on the trails and waterways as spring opens up, but there also will be opportunities to work as well as enjoy, in the form of conservation efforts.

Two have strong regional connections, in addition to the array of activities offered through the state level of the Adirondack Mountain Club. For the latter, please check the current edition of *Adirondack*, for information on National Trails Day June 4, and many other activities in which hands are needed.

The regional connections include a chance to take part in monitoring invasive species in the waterways and woods of the Adirondacks. This will be the third year for the Backcountry Water Monitors project, which trains and sends volunteers into isolated lakes and ponds to check for the presence of invasive species such as water chestnut, hydrilla and Eurasian watermilfoil. This year a training session will be offered June 6 at the Discovery Center in Pine Bush, a far easier trek than the Adirondack Loj. After training, volunteers will be able to pick water bodies

to check, using ADK gear provided.

A parallel effort to monitor land-based invasives such as the hemlock woolly adelgid will be active again also. ADK officials note that the woolly adelgid is a dire threat to stands of hemlock, which are a "foundation tree" in the Adirondack ecosystem.

Information on both programs is available at conservation@adk.org, or by reaching Paul Gallery in the Albany ADK office at 449-3870.

Even more local, the Schenectady Chapter of the ADK is working with other volunteers and officials of Schenectady County to begin trails maintenance projects in the Plotterkill Preserve, Indian Kill Preserve and county forest. This effort is in its early organizational phase but is expected to be active when the trails dry out and projects are identified. Updates will be available on the chapter web site and through the Schenectady County Environmental Advisory Council.

— *Mal Provost*

Membership News

On behalf of our Chapter Board, I'd like to thank so many of our members for completing the recent chapter survey. We received feedback from well over 100 members of the chapter that will certainly help guide us as we strengthen our programming, communications and membership in the years ahead. Here's a brief summary of some of our results:

- Only 10% of respondents were less than 50 years old.
- Outings seemed to be the top reason respondents joined ADK, with easy hikes, canoe/flat-water and snowshoeing/xc-skiing being the most desired out-
- ings.
- Innings, the annual dinner and leadership training were the most popular non-outing activities.
- Sunday was the most popular day for outings, with Saturday a close second place.
- The most popular form of communication was the weekly email, with both versions of *The Lookout* being close behind.
- Twenty-four individuals responded that they

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Trip Tales

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and relatively warm temperatures this winter, the ice-falls were smaller in extent than usual, but the butterscotch, pale blue and pale green colors were as vivid as ever, and all of us were amazed by their beauty. In addition, the freeze and thaw cycles had produced a variety of icicles on the surfaces of the falls. We decided to return to the cars by going around the mountain, a route that traverses beautiful open woods. But the best was yet to come. As has become a tradition, Gail Livingston treated us to homemade pies with ice cream and hot coffee, a great way to end a day in the woods.

Snowshoers were Walt Hayes, Peter Fedorick, Gail Livingston, Dave Loux, Ken Marcinowski, Kathy Miles, Doug Rosenberry, John Susko, Diane

and Kurt Wisell and the leader (Norm Kuchar).

Buck Mountain Climb

March 5, 2016

This was supposed to be McKenzie Mountain, but with the ice all over the peaks, we decided to do a much less risky route. We spent a beautiful day climbing Buck Mountain from the Pilot Knob side. We had scenic ice sculptures in the streams on our way up, a few long patches of ice on the trail, but mainly good walking conditions. Microspikes were barely needed. The views once we got within a half mile of the top were great. The high peaks were easily seen and appeared to be still in winter, unlike Buck. Participants were Anna Xue, Phillip Liu, Laura Fiske, Will Seyse, and Roy Keats (the leader).

Membership News

Continued from Page 7

would be interested in leading outings, seven responded that they would be willing to serve as board members and eight individuals responded that they would be interested in preparing mailings.

Guided by this information, the chapter board will be working hard in the coming months to upgrade to full-color weekly emails using a platform called Mail-

Chimp that will allow us to share pictures and additional information about what's going in the chapter. Furthermore, if you're someone who volunteered to lead outings, helps grow our membership, etc. the respective chapter board member in charge of those tasks will be in touch with you soon. Thanks so much for your support of the ADK Schenectady Chapter!

— *Dustin Wright*

***ADK ididaride!* set for July 31**

The 11th annual ADK *ididaride!* has been scheduled for Sunday, July 31, 2016.

The bike ride is all on the road, wide shoulders for much of the route. You will ride through some of the most beautiful scenery the Adirondacks has to offer, most of which is public Forest Preserve land. The route cycles through the towns and hamlets of Bakers Mills, Wells, Speculator, Sabaal, Indian Lake, North River, and back to North Creek. Your ride will take you alongside Mason Lake, Lewey Lake, and Indian

Lake. A long descent begins in the hamlet of Indian Lake and meets the Hudson River in the hamlet of North River with a relatively easy ride to North Creek. The entire distance along Route 30 and Route 28 to North Creek is designed for the bike enthusiast, with designated bike routes marked on the wide road shoulders. There are four rest stops with snacks and water provided.

For more information or to register, visit www.adk.org.

Schenectady ADK
P.O. Box 733 Schenectady NY 12301-0733
<http://www.adk-schenectady.org>

CHAPTER BOARD MEETINGS: Are held regularly on the second Tuesday of the month. No meetings are held in July or August. Any concerns members have may be expressed to any board member listed on the inside front cover, or attend the meetings which are open to the membership. Call a board member for date, time & directions.

CHAPTER DISCLAIMER: People who attend outings are reminded that such activities entail a certain degree of danger; and persons participating do so at their own risk. This disclaimer is for both whitewater and regular outings of the chapter.

SCHENECTADY CHAPTER PATCH: This lovely patch (shown at right) can be purchased by mailing a check (payable to Schenectady Chapter ADK) to Rich Vertigan, 1804 Van Cortland St., Rotterdam, NY 12203. The cost is \$3 per patch, which includes the mailing cost.



TRIP LEADERS: If you do not want your trip listed in the local newspapers, call Publicity Chair Roy Keats at 518-370-0399, or roysueski@yahoo.com. This newsletter goes out over the Internet.

EQUIPMENT RENTAL: The chapter has hi-tech snowshoes and one pair of universal fit crampons available to rent at \$5/trip. Call Stan Stoklosa at 383-3066 to arrange for pick-up.

WEB SITE: <http://www.adk-schenectady.org> — *All of the latest information will be posted on the Web, i.e. any changes or corrections. Please review our website and related Internet resources Acceptable Use Policy.*

CHANGE OF ADDRESS: If you move, you must inform the ADK in order to continue receiving The Lookout. The Lookout is sent via bulk mail, which the Postal Service will not forward. Send changes of address to Chapter chair Rich Vertigan, 1804 Van Cortland St., Rotterdam, NY 12203 to insure uninterrupted delivery.

Membership Application

*To join, send this form with
payment to:*

Adirondack Mountain Club
814 Goggins Road,
Lake George, NY
12845-4117

or drop it off at Adirondack
Loj or Headquarters.

Check Membership Level:

- | | |
|--|--------|
| <input type="checkbox"/> Family Life | \$1950 |
| <input type="checkbox"/> Individual Life | 1300 |
| <input type="checkbox"/> Adult | 50 |
| <input type="checkbox"/> Family | 60 |
| <input type="checkbox"/> Senior (65+) | 40 |
| <input type="checkbox"/> Senior Family (65+) | 50 |
| <input type="checkbox"/> Student (full time 18+) | 40 |
| School _____ | |

Name _____

Address _____

City _____ State _____ ZIP+4 _____

Home phone _____

I want to join the Schenectady Chapter

List spouse & children under 18 and birth dates

Spouse _____

Child _____ birthdate _____

Child _____ birthdate _____

Bill my _____ VISA _____ MasterCard _____ Discover _____

Exp. Date _____ Account # _____

signature (required for charge)

ADK is a non-profit, tax-exempt organization. Membership fees are tax deductible, as allowed by law. Please allow 6-8 weeks for receipt of first issue of Adirondack.

the Lookout

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