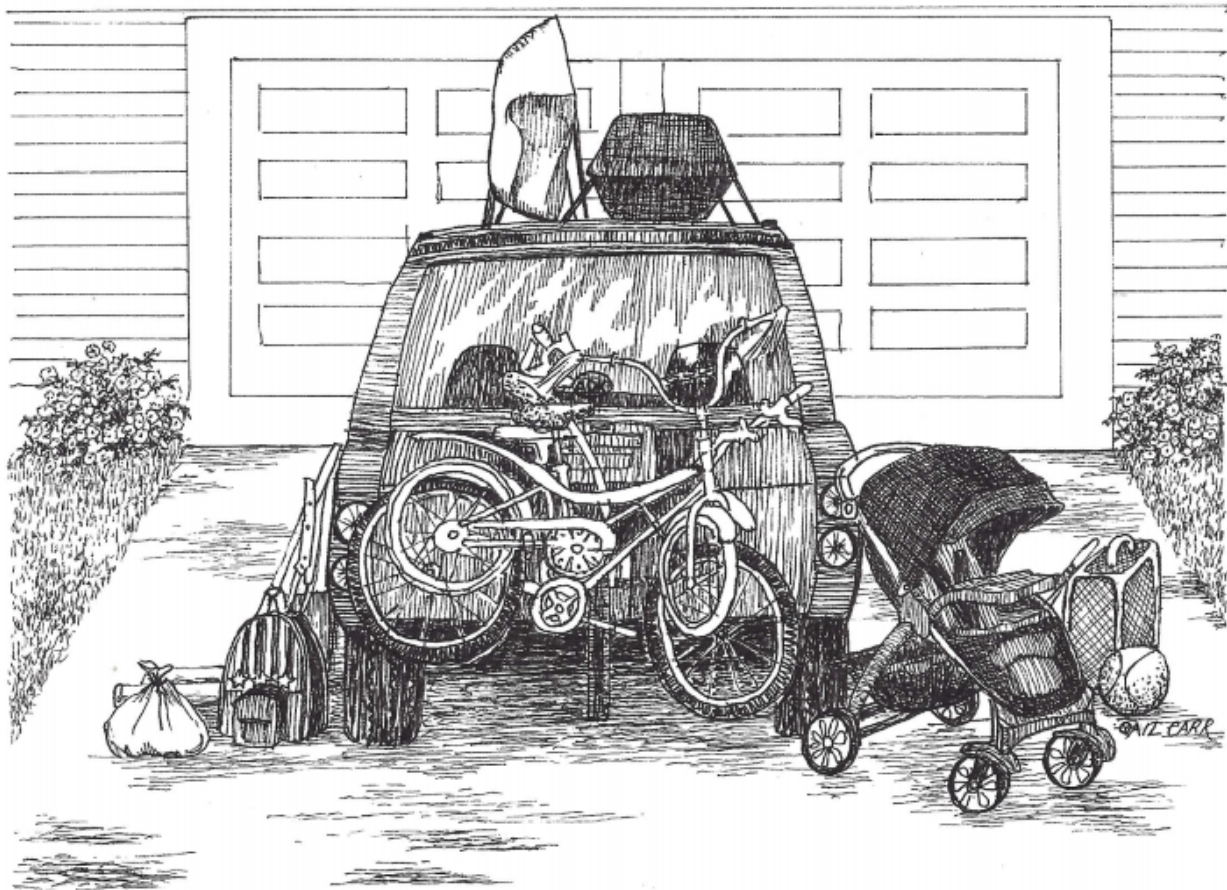




The Cloudsplitter

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July - September 2019



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The Cloudsplitter

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Many thanks to Gail Carr for her cover sketch of Packing Up and for her continued support of the Chapter with her time and talent!

Business meetings are the 1st Wednesday of each month at 6 p.m. at Little's Lake in Menands. Chapter members are encouraged to attend. Call Cliff Prewencki at (518) 768-2907.

Submission deadline for the Fall 2019 issue (October-December) is August 15, 2019.

Message from the Chair

Some years ago, shortly after purchasing my house, I decided to replace my dilapidated gutters with something that would actually channel the water away from the foundation rather than toward it. It was while I was cleaning my "maintenance-free" gutter covers this week that I came to a sudden revelation. As I risked life and limb paying silent homage to the gutter god--the ruler of the eaves--the velvety green moss I removed reminded me that warm weather has finally returned. It is almost time for summer.

If I ever needed any proof of this, I surely found it in the summerlike weather in the Capital Region during Memorial Day weekend. As part of our holiday doings, Martha and I decided to combine a pleasant hike and some necessary trail work: To replace a missing sign on the Taconic Crest Trail at the junction with the Southeast Hollow Access Trail. Although the temperature in this area of the Taconics tends to be somewhat cooler than where I live in the Town of New Scotland, we found ourselves in the summer season right from the trailhead. The atmosphere was dense with humidity, the air was sweet with the smell of new growth, and insects were our constant companions. This access trail follows a ravine with a lively brook for most of its 1.8 miles, and its soothing sounds provided ample recompense for our modest labors. With the new sign firmly affixed to a healthy tree and easily viewable to passing hikers, we were scarcely aware of the fact that this was a volunteer activity. It was way too much fun!

In scanning the Chapter activities calendar for the July – September period, I notice two additional volunteer opportunities that might interest you. On July 26, ADK's Cathy Pedler will provide training for surveying old-growth hemlocks in the Catskills. These trees are vital to the health of the Catskill watershed, and they are threatened by the Hemlock Woolly Adelgid beetle. If you love bushwhacking and want to help with a great cause, here is your chance.

If your idea of volunteering involves leading others, you should consider attending Virginia Boyle Traver's workshop for new and prospective leaders on August 29. As a leader you can share those outdoor pleasures with others, whether it's a mesmerizing view or the flash of a scarlet tanager in the woods.

Cliff Prewencki,
Albany Chapter Chair

Combined Activities Schedule

<u>Month</u>	<u>Day</u>	<u>Destination or Event</u>	<u>Leader</u>	<u>Rating</u>
Jul	2	Evening Paddle - Coeymans	Alison Zoske	C
	3	Phelps Mountain	Robert Priest	A
	3	Weekly Paddle	Tom McGuire	B+
	5	Swike: Owl's Head & Lake Eaton	Kathy Sheppard	B
	6	Southwest Hunter Mountain	John Susko	B
	6	Kinderhook Creek	Jim Slavin	C+
	7	Bear Mtn. (South Taconics)	John Sheehan	B
	9	Evening Paddle Mohawk River Lock E9	Don Orr	C
	10	Long Trail - White Rock & Little Rock Pond	Leslie & Steve Siegard	B+
	10	Weekly Paddle	Tom McGuire	B+
	11	Verkeerderkill Falls to Mud Pond	Brad Schwebler	C+
	11	Backcountry Water Monitoring Training at Heart Lake	Cathy Pedler	C
	12	Sentinel Range Hike & Bushwhack to Winch & Marsh Ponds	Cathy Pedler	C
	13	Ausable Ramble Bike Ride	Steve & Leslie Siegard	A-
	13	Mount Erebus and Fishbrook Pond	Phil Seward	B+
	13	Hennig Preserve	Jim Slavin	C+
	14	Leader's Choice Hike or Bike	Keith Martin	B
	16	Paddle Kunjamuk River	Bill Valentino	B
	16	Evening Paddle - Coxsackie	Erica Lovrin	C+
	17	Weekly Paddle	Tom McGuire	B+
	20	Big Indian Mountain	John Basirico	A
	23	Evening Paddle - Lock 7	Tom Esmond	C
	24	Baldface Mountain	Traver/ Quattrocch	C+
	24	Weekly Paddle	Tom McGuire	B+
	25	North Point & Mary's Glen	Brad Schwebler	C+
	26	Catskill Park Old Growth Hemlock Survey Training & Hike	Cathy Pedler	C+
	27	Nippletop Slide & Dial	Claudia Warren	C+
	28	Swike: Black Mountain Pond Loop	Kathy Sheppard	B-
	30	Evening Paddle - Champlain Lock 1	Neil Cherkosly	C
	31	Paddle Somerset Reservoir	Bill Valentino	B
	31	Weekly Paddle	Tom McGuire	B+
Aug	1	Moreau Lake State Park	Karen Ross & Lori McCarron	C+
	3	Rusk Mountain	John Susko	B
	3	South Taconic Trail (southern end)	Martha Waldman	B
	3	Buck Mountain the easy way	Jim Slavin	B
	3	Gore Mountain Fire Tower Hike	John Basirico	A
	3	Trailwork Sucker Brook Trail	Gene Reilly	C
	6	Evening Paddle Hudson River	Don Orr	C
	7	Weekly Paddle	David Pisaneschi	B
	8	LNT "Hot Spot" Work Day on New Trail to Cascade	Seth Jones	C+
	8	Castle Point to Margaret Cliff	Brad Schwebler	C+
	10	Cat & Thomas from Edgecomb Pond	Phil Seward	B
	10	Pilot Knob Ridge	Jim Slavin	B-
	10	Shelving Rock - Lake George	Mark Plaatt	C
	11	Bass Lake / Moose Mountain Pond	Keith Martin	B+
	13	Evening Paddle - Saratoga Lake	Austin Fisher	C
	14	Weekly Paddle	Austin Fisher	B
	15	Bonticou Crag & Table Rocks	Brad Schwebler	B
	17	Carlo Chizzolin Memorial Hike/Bushwhack on Buck Mtn.	Steve Siegard	B+
	17	Vanderwhacker Mountain Fire Tower	Steve Siegard	A
	20	Evening Paddle - Waterford	Tom McGuire	B
	21	Weekly Paddle	David Pisaneschi	B
	24	Hunter Pass Slide, Dix & Hough	Claudia Warren	A+

	27	Tuesday Evening Paddle, Bethlehem	Celia Murray	C
	28	Hadley Mountain	John Sheehan	B
	28	Lake George Wild Forest Backpack to Fishbrook Pond	Cathy Pedler	B
	28	Weekly Paddle	David Pisaneschi	B
	29	New & Prospective Leaders Workshop	Virginia Boyle Traver	N/R
Sep	1	Swike: Peaked Mountain and 13th Lake	Kathy Sheppard	B
	4	Weekly Paddle	David Pisaneschi	B
	4	Evening Paddle - Ballston Lake	David Pisaneschi	C
	5	Lake George Wild Forest Backpack to Wolf Ponds	David Pisaneschi & Cathy Pedler	B
	7	Peekamoose & Table	John Susko	A
	9	Wilderness Camping Trip	Ed Brown	A
	10	Evening Paddle- Flight Lock Rd	Neil Cherkosly	C
	11	Three Brothers	Virginia Boyle Traver	B+
	11	Weekly Paddle	David Pisaneschi	B
	13	Staircase Trail to Mohonk Lake	Brad Schwebler	C
	14	Loon Lake Mountain Fire Tower	John Basirico	A
	17	Evening Paddle - Kiwanis Park	Austin Fisher	C
	18	Weekly Paddle	David Pisaneschi	B
	21	Pico Peak	Robert Priest	B
	24	Lost City and Split Rock Falls	Brad Schwebler	C+
	24	Evening Paddle - Freeman's Bridge	Sally Dewes	C
	25	Weekly Paddle	David Pisaneschi	B
	26	Mt. Adams Firetower	John Antonio	B+
	28	Prospect Mtn. from Lake George Recreational Park	Phil Seward	B
	28	Wallface, MacNaughton	Claudia Warren	A+
	29	Round Mountain	Robert Priest	B

***Monthly Chapter meetings are held at the West Albany Firehouse Station #1, 113 Sand Creek Road, Albany starting at 6:30 pm on the second Tuesday of each month except July, August, and September.**

Rules and Recommendations for ADK Chapter Outings


- Life jackets (PFDs) must be worn on any ADK paddling trip while on the water. (You need to wear AND properly secure your PFD.)
- Participants are expected to have a realistic knowledge of their own ability to select activities within their capabilities and to carry clothing, food and equipment appropriate to the trip.
- Participants must be willing to accept the authority of the trip leader and to cooperate with him or her and other party members to make the trip safe and enjoyable.
- Participants should inform the leader if they feel unduly tired or if the trip is exceeding their capability. Concealing such information to avoid embarrassment or other reasons endangers the safety of all participants.
- Participants must not leave the party at any time without permission of the leader. Participants must not leave the trip area until all party members have safely returned, unless given permission by the trip leader.
- Party Coordination: It is recommended that leaders establish procedures to ensure the cohesiveness of the group. They should explain the concept of having a leader and sweep and stress the importance of maintaining contact within the group
- Safety Considerations: It is recommended that trip leaders and participants observe reasonable safety precautions and that all trip decisions be made with safety as the primary concern.

A leader may curtail further participation by an individual and amend trip objectives if, in the leader's judgment, the safety of the individual or group requires such action. It is recommended that if a trip participant is unable to continue with the trip and must turn back that he or she be accompanied by at least one other person.

ACTIVITIES RATINGS

Each outing listed in this issue is rated by the leader for its level of effort. Remember that “level of effort” is not the same as the level of difficulty! A “moderate” hike for a physically fit person may mean a very strenuous hike for a novice or unconditioned person.

It is incumbent on each participant to know their own level of fitness and limitations. The trip leader will ask questions about your experience, fitness, equipment, medical condition, expectations, etc. *Be Honest!*

HIKING	RATING	LEVEL OF EFFORT	FEET OF ELEVATION GAIN	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+	8-10	5-7
	C+	Fairly Easy	1,000+	5-8	4-6
	C	Easy	Under 1,000	Under 5	Under 5
PADDLING	RATING	MILES	PORTAGES	WATER CLASS	
	A	12+	Long (1/2 mile+)	II - Whitewater	
	B	6-12	Short	I - Moving	
	C	Under 6	None	Flat	
BIKING	RATING	MILES	TERRAIN		
	A	30+	Moderate to steep		
	B	15-30	Moderate		
	C	Under 15	Flat to Moderate		

Not all trips fit cleanly into one of these categories. Whenever you are unclear about a rating for a trip, leaders will be happy to explain what their designated rating means.

Please Note: Unless otherwise stated, please sign up with the leader for all Chapter activities. Do not simply show up at the designated meeting place. Arrive at the carpooling site before the stated departure time. Please pay the driver to offset the costs of driving. Do not bring a pet unless the trip leader agrees that it is okay, and bring a leash. Please stay with the group or ask to proceed and stop at the first intersection and wait for the entire group to re-assemble. You are expected to carry adequate equipment, water and food. If in doubt about what to bring, ask the trip leader!

Suggested Gear For All Seasons:			Winter Add-ons
Water (2-3 quarts)	Sturdy Boots	Extra Socks	Extra Food
Waterproof Matches	Headlamp	Hat/Gloves	Ski Pole or Ice Axe
Map & Compass	Emergency Blanket	Food	Skis or Snowshoes
Sunglasses/Sunscreen	First Aid Kit		Crampons
Layered Clothing (NO cotton)	Wind and rain shell		Warm Liquids
Extra Sweater or Jacket			Extra Layers

ACTIVITIES DESCRIPTIONS

General Information for Paddling Trips

On most Tuesday (some Wednesday) evenings from May thru October, the ADK Albany Chapter paddles various waterways in the Capital District area. There are typically 2 groups (Fast and Relaxed). The Relaxed Group goes as slow as the slowest paddler and may be best for short wide boats or less skilled paddlers. The Fast Group is for most everyone else and goes about 3-4 mph. If there are a large number of paddlers, we may form a moderate group. Expect to paddle for about two hours. Scheduled trips launch rain or shine. It is suggested that you obtain a good roadmap of the Capital District or use www.mapquest.com for directions to the launch site locations. It is customary, after the paddle, for the group Leader to pick a nearby restaurant and convene the Paddlers Committee Meeting (PCM) to socialize, plan future trips, and enjoy a meal with old and new friends. Everyone who paddles is automatically a Committee Member and is invited to participate. If new paddlers would like to join the weekly paddling email list, please email Pamela Bentien and Alison Zoske at albany.adk.paddlers@gmail.com.

The following are the Albany Chapter guidelines to participate in the Evening Paddles:

- 1) **Respect Other Users of the Waterways** - Steer clear of fishermen. Don't forget their fishing lines go well out into the water. Stay close to shore when motorboats are out. Red & Green Buoys mark the deep-water channels so stay between the buoys and shore. Paddle in a tight group when crossing large bodies of water.
- 2) **Launch on Time** - Please be in your boats on the water and congregated near shore before the launch time. People launching after start time are not officially with the group. The leaders will conduct a short On-the-Water Meeting with the group to discuss the water, weather conditions and plans for the paddle.
- 3) **Duty of the Paddler** - It is the responsibility of the paddler to stay with the group and know who the leaders are. If you don't know, ask someone.
- 4) **Leaving the Group** - The leaders take a headcount at the On-the-Water Meeting. Therefore, please notify one of the leaders if you need to leave the group for any reason. ADK is not

responsible for paddlers who choose not to paddle with the group.

5) **Required Gear** - All paddlers must bring along a white light (a headlamp is good), a whistle (a pealess one is best) and must wear a PFD (Personal Floatation Device aka life jacket). Your PFD needs to be securely fastened (zippered and buckled). There are no exceptions to these requirements. It is also a good idea to bring raingear, water, bug-dope (mosquitoes are quite active in summer at dusk) and an extra set of clothes in the car.

6) **Clothing** - Other than in July and August, all paddlers should not wear cotton clothing, If you must wear cotton, bring along a full change of clothing in a dry bag. Expect to have your feet in the water when launching. Some of the launch spots are slippery and have underwater debris. Waterproof footwear (most experienced paddlers use neoprene booties or mukluks) is highly recommended in the cooler months.

7) **Guests** - You may bring a guest. He/she is your responsibility and must adhere to all of the Evening Paddle Guidelines.

Jul 2 (Tue) EVENING PADDLE - COEYMANS (C)

Be on the water before 6:00 p.m. We will explore the mouth of Hannacroix Creek and the shores of Schodack Island State Park where bald eagles are often seen. Take the NY Thruway to Exit 22, and after the tollbooth take a right on Rt.144 south for about 4 miles. Then take a left on Westerlo St. to Coeymans Landing boat launch. Upstate Kayaks has a rental hub there if you need to rent boats. Please contact them ahead. As with all Chapter Paddling Trips, you must wear your properly-fastened PFD, bring a whistle and a white light. Co-leader Pam Bentien auntmayor@aol.com Leader: Alison Zoske, 518-899-4031, saville1127@gmail.com

Jul 3 (Wed) PHELPS MTN (A)

Phelps is one of the shorter high peak hikes. We will begin at Adirondack Loj with a gentle stroll of 2 miles to Marcy Dam. The next mile goes gradually uphill along the trail toward Marcy's summit. Then we make a left turn onto the Phelps trail for the last mile. This steep trail leads up through a dense evergreen forest. It gives way to an open summit with excellent views to the east and south. The total distance is 8 1/2 miles with an ascent of just under 2000 feet. Leader: Robert Priest, 518-489-7472, RPriest001@nycap.rr.com

Jul 3 (Wed) WEEKLY PADDLE (B+)

I will be leading a weekly mid-week paddle this season. It will be either on Wednesday or Thursday, depending on which day has the better weather. Last season we averaged 11-1/2 miles per trip, with about 5 hours on the water. We paddle at a fairly relaxed pace, but these are "all day trips" so bring a lunch and plenty of water. We could be paddling anywhere on the Mohawk, Hudson, or one of the many streams that are in the region or the southern Adirondacks. I will decide on a location and day the weekend before each trip. I will also attempt to have the destination listed on the Chapter web page as soon as possible. Contact me by e-mail for more information and to be put on the Paddler's E-mail list for future trips. As with all Chapter Paddling Trips, you must wear your properly-fastened PFD, bring a whistle and a white light. If I'm not able to lead a particular trip, a qualified substitute leader will be assigned. The paddle will go on. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com

Jul 5 (Fri) SWIKE: OWL'S HEAD & LAKE EATON (B)

This is one of the nicest Owl's Head mountains and is in the Long Lake area. Expect 1800 feet of elevation gain to the top. Near the bottom, we'll take the spur trail to Lake Eaton to swim. Round-trip distance will be 9.4 miles. Leader: Kathy Sheppard, (518) 312-2199, rzantshep@gmail.com

Jul 6 (Sat) SW HUNTER MTN. (B)

Southwest Hunter is one of the trailless peaks in the Catskills. We'll take the trail from Spruceton to the view at Geiger Point before bushwhacking over to Southwest Hunter to find the canister. SW Hunter is #15 on the list of Catskill 3500 peaks. The distance is about 8 miles with 1500 to 2000 feet of ascent. Leader: John Susko, (518) 383-1284, jpsusko@nycap.rr.com

Jul 6 (Sat) KINDERHOOK CREEK (C+)

The Kinderhook Creek Preserve is a 85-acre "working forest" with one-half mile of shoreline along the Kinderhook and five miles of trails. The Preserve contains a wide variety of ecosystems including cliffs, hemlock-hardwood swamp, riverside sand and gravel bars, and six forest types, providing habitat for wildlife and rare plants. We will hike about 5 to 6 miles over flat or rolling terrain. Please contact leader by email for more information. Leader: Jim Slavin, (518) 225-7703, jaslavin1@gmail.com

Jul 7 (Sun) BEAR MTN. (SOUTH TACONICS) (B)

Bear Mountain is the highest peak in Connecticut, just south of the Massachusetts border on the

Appalachian Trail. The hike will be 5.8 miles with about 1500 feet of ascent. July is a good time to meet some through hikers who are always interesting to talk to. Be a trail angel and bring some fresh fruit, cookies, or anything that might be hard to come by on the trail. Meet at 8:00 a.m. at the Defreestville Park & Ride. Leader: John Sheehan, (518) 674-8121, jgsheehan01@yahoo.com

Jul 9 (Tue) EVENING PADDLE MOHAWK RIVER LOCK E9 (C)

Be on the water before 6:00 p.m. Take Route 5 East of Scotia from the west end of I-890. Turn left and go to the intersection of Route 103 across from Stewart's, turn left and IMMEDIATELY right for the entrance to the park. Drive down the hill to the launch area. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for evening paddling trips. No kayaks are available for rent at this location. Leader: Don Orr, (518) 421-3389, orrd@nycap.rr.com. Co-Leader is Bill Smollin, bajabil36@yahoo.com,

Jul 10 (Wed) LONG TRAIL – WHITE ROCK & LITTLE ROCK POND (B/B+)

We've been curious about the White Rocks and Ice Beds along the Long Trail (LT) and Appalachian Trail (AT) in Vermont. We will start at the White Rocks Picnic area, exploring the Ice Beds with views to White Rock Peak. Then we will climb steeply via the LT/AT over White Rocks Mountain, down the ridge, with views and white rock outcrops and beds, proceeding to Little Rock Pond and Shelter, the Lula Tye shelter, and down to Fire Road 10. The trip is approximately 11 miles with 1500' elevation gain. Most of the elevation is gained while ascending White Rock Peak. This is section 4 in the LT book. Leader: Leslie & Steve Siegard, (518) 577-3468, Isiegard2@gmail.com

Jul 10 (Wed) WEEKLY PADDLE (B+)

See July 3 for description. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com

Jul 11 (Thu) VERKEERDERKILL FALLS TO MUD POND (C+)

This is a 7.8 mile hike with 400 feet of elevation gain. We will meet at the Catskill Park & Ride at 9 a.m. The hike will begin in Sam's Point parking lot. We will hike out towards Verkeerderkill Falls, detouring through the Ice Caves, then continuing to the waterfall, then on to Mud Pond. We will return the way we came. The trails are overall well-groomed and with stairs and ladders in the Ice Caves. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com

Jul 11 (Thu) BACKCOUNTRY WATER MONITORING TRAINING AT HEART LAKE (C)

Could there be anything more relaxing and beautiful than floating on a backcountry pond on a mid-summer day? On July 11 from 10 a.m. to 3 p.m. at the Adirondack Loj (meet in the dining room), you can learn how to identify Aquatic Invasive Species (AIS) and then choose a backcountry Adirondack pond to survey for AIS. Lightweight (8 lbs.) inflatable rafts (and other gear) are available for participants to borrow for pond surveys, or participants can join a guided outing (like the ones listed below July 12, August 28 and 29, Sept 5 and 6). Bring your cell phone to the training and learn to use several citizen science mobile apps that will help you with collecting survey data. RSVP required. Leader: Cathy Pedler, (518) 449-3870, (518) 935-0492 (cell), cathy@pedler.adk@gmail.com, cathy@adk.org.

Jul 12 (Fri) SENTINEL RANGE WILDERNESS HIKE AND BUSHWACK TO WINCH AND MARSH PONDS (C)

This is a hike and bushwhack to Winch and Marsh Ponds in the Sentinel Range Wilderness for a packraft paddle and pond Aquatic Invasive Species survey. Participation in the July 11 Backcountry Water Monitoring Training at Heart Lake is helpful, but not mandatory for this outing. Part of this 2-mile, round-trip hike will be on an unmaintained trail, so the hike will involve some bushwhacking. Participants will help carry lightweight (8 lbs) packraft and gear for the survey. RSVP required. Leader: Cathy Pedler, (518) 449-3870, (518) 935-0492 (cell), cathy@pedler.adk@gmail.com, cathy@adk.org. See also: adk.org/protect/volunteer/volunteer-as-a-citizen-scientist/

Jul 13 (Sat) AUSABLE RAMBLE BIKE RIDE (A-)

This is a 33-mile ride, with 1700 feet of elevation gain. We will circumnavigate about half of the Ausable River, from Jay to Ausable Forks, with the convergence of the Ausable into Lake Champlain, and back through Wilmington in the shadow of Whiteface. The ride is uphill for about 5 miles coming back, but we should have great views of the Jays and the Ausable valley along the way. Four of these five miles are moderate with one of the miles being steep. If it ends up that the weather is better to the South, or there is more interest in doing a closer-to-home trip, I have an equivalent trip in mind that is very enjoyable in the Northern Catskills near Greenville. Leader: Steve & Leslie Siegard, (518) 788-8920, ssiegard@gmail.com

Jul 13 (Sat) MT EREBUS AND FISHBROOK POND (B+)

Starting at Dacy Clearing in the Shelving Rock area, we will hike to Bumps Pond continuing on to Mount Erebus looping around to Fishbrook Pond for lunch at the lean-to. The loop is an 8.6-mile round-trip and 1,840 feet of elevation gain with views of Lake George. Contact leader via email only for details and provide your most recent hiking experience. Leader: Phil Seward, (518) 527-1851, flpsbliss17@yahoo.com

Jul 13 (Sat) HENNIG PRESERVE (C+)

The Hennig Preserve, located just outside of the Adirondack Park, is Saratoga PLAN's largest nature preserve, boasting about 606 conserved acres of land with approximately 10 miles of trails. This beautiful "walk in the park" has one of the best glacial eskers in the region. We will hike about 5 to 6 miles over flat or rolling terrain. Please contact the leader by email for more information. Leader: Jim Slavin, (518) 225-7703, jaslavin1@gmail.com

Jul 14 (Sun) LEADER'S CHOICE HIKE OR BIKE (B)

Depending upon weather forecast and interests of participants, we will either hike (7 to 10 miles) or bike (15 to 30 miles). If a hike trip, we will likely select a pond destination; and if a bike trip, Brant Lake is a leading candidate. A swim is in order either way! Please contact leader with interest on or before Thursday, July 11. No calls after 9 p.m., please. Leader: Keith Martin, (518) 859-9018, kdm46r@gmail.com

Jul 16 (Tue) PADDLING THE KUNJAMUK (B)

Paddling the Kunjamuk has always been a challenge with its twisty-turny oxbows, shallow areas and beaver dams, but it has always been enjoyable. We will stop well short of Elm Lake. Consequently, this will be a paddle of less than 10 miles round trip. We will meet at Northway Exit 9 Park and Ride at 8:00 a.m. You must wear a properly-fastened PFD and have a white light and whistle. Leader: Bill Valentino, (518) 366-4035, billvalentino113@yahoo.com

Jul 16 (Tue) EVENING PADDLE - COXSACKIE (C+)

Be on the water BEFORE 6:00 p.m. We will be launching at the Coxsackie Riverside Park. The address is: Hudson River Islands State Park, Coxsackie, NY 12051. Take Route 87south (Thruway) to Exit 21B, then turn left onto US-9W South. Keep left onto Mansion St. Extension and then take a slight left onto Mansion Street. In about 2 miles, make a left onto Reed Street and then a

left onto South River Street which will bring you to the park/launch. We will paddle up or downstream depending on the conditions. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Information for Evening Paddle Trips. Leader: Erica Lovrin, (518) 424-3582, elovrin@nycap.rr.com. Co-Leader: Bill Smollin

Jul 17 (Wed) WEEKLY PADDLE (B+)

See July 3 for description. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com

Jul 20 (Sat) BIG INDIAN MTN (A)

This is a hike on Big Indian Mountain in the Catskills, one of the Catskill 3500 peaks. The hike is roughly 9.2 miles round-trip with about 1,600 feet of elevation gain from the trail head. The hike will be at a moderate pace (1.5 to 2 mph). Leader: John Basirico, (518) 368-4655, john.basirico@gmail.com

Jul 23 (Tue) EVENING PADDLE – LOCK 7 (C)

Be on the water BEFORE 6:00 p.m. From the Northway, drive west for 4.5 miles and take a right on Mohawk Rd. Take a Left on Rosendale Rd for a short distance, and take a right on Lock 7 Rd. As you approach the lock, bear left to the boat launch. We will paddle upstream past high cliffs and interesting rock formations. No need to sign up, just show up. You must wear a securely fastened PFD, and have a white light and whistle. See General Paddling info for evening paddling trips. Leader: Tom Esmond, tomesmond8@gmail.com. Co-leader Gerry, Magnes gmagnes1@gmail.com

Jul 24 (Wed) BALDFACE MTN (C+)

Welcome to our first paddle/hike/picnic/swim! This hike requires a one-mile paddle across Indian Lake, from the Indian Lake Marina on Lake Shore Drive in Sabael to Norman's Cove. You must wear a securely-fastened PFD, and have a white light and whistle. The hike from the cove to the summit is 1.1 miles with 600' of elevation gain. The terrain is moderate with a short steep section. We'll have lunch at the summit, and, if it's a hot day, we'll swim when we get back to the cove before our return paddle to the marina. This is a new outing for us. Let's discover it together! Email contact preferred. Leaders: Virginia Boyle Traver (518)-322-0950 virginiaabt28@gmail.com, Jean Quattrocchi, jeanquattrocchi@gmail.com

Jul 24 (Wed) WEEKDAY PADDLE (B+)

See July 3 for description. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com

Jul 25 (Thu) NORTH POINT & MARY'S GLEN (C+)

This is a 4-mile loop with 680 feet of elevation gain. We will meet at the Catskill Park & Ride at 9 a.m. The hike will start in the North Lake State Park parking lot. We will pass through a number of scenic points including the site of the Catskill Mountain House, Artist Rock, Sunset Rock, Newman's Ledge, and up to North Point. Then we will return through Mary's Glen and by Ashley Falls, back to the parking lot. There is some climbing, but nothing steep or strenuous. Leader: Brad Schwebler (518) 248-5522, feketitsch@yahoo.com

Jul 26 (Fri) CATSKILL PARK OLD GROWTH HEMLOCK SURVEY TRAINING AND HIKE (C+)

Eastern Hemlocks throughout New York State are threatened by Hemlock Woolly Adelgid. On July 26th, the Catskill Regional Invasive Species Partnership (CRISP) will run a workshop for ADK members who are willing to survey one or more of 16 old growth stands in the northwestern area of the Catskill Park. Accessing all of these stands requires some level of bushwhacking. To RSVP and for More Information Contact: Cathy Pedler, (518) 449-3870, (518) 935-0492 (cell), cathy@adk.org, cathypedler.adk@gmail.com, cathy@adk.org

Jul 27 (Sat) NIPPLETOP, SLIDE & DIAL (A+)

We will climb Nippletop via the slide. (Of course that is the most fun way to approach Nippletop!) We start at the Ausable Club and hike into Elk Pass. We leave the trail at Elk Pass and bushwhack to the base of the slide. It is a long, clean slide, offering beautiful views that open up more and more as we ascend. From the top of the slide it is a short bushwhack to the summit, where we pick up the trail again and hike over Dial and back to our cars. This trip is approximately 15 miles with approximately 4500 feet of elevation gain. Leader: Claudia Warren, 518-764-2460, cldwr@hotmail.com

Jul 28 (Sun) SWIKE: BLACK MTN POND LOOP (B-)

This hike is on the east side of Lake George. It will be 6.6 miles with over 1100 feet of elevation gain. Swimming in the pond on the way down will cool us off. Leader: Kathy Sheppard, (518) 312-2199, rzantshep@gmail.com

Jul 30 (Tue) EVENING PADDLE - CHAMPLAIN LOCK 1 (C)

Be on the water before 6:00 p.m. We will paddle up toward Lock 2. From Broad St. in Waterford,

take Rt.4 north for approximately 2.5 miles, then take a right onto Lock 1 Rd. At the lock, take a left to the boat launch. No need to sign up, just show up! You must wear a securely-fastened PFD, and have a white light and a whistle. Leader: Neil Cherkosly, (518) 598-3842, neil@upstateappraisal.net. Co-Leader Ellen Luchsinger, kayakerl@yahoo.com

Jul 31 (Wed) WEEKLY PADDLE (B+)

See July 3 for description. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com

July 31 (Wed) PADDLE SOMERSET RESERVOIR (B)

Somerset Reservoir, situated approximately 15 miles east of Bennington VT, is a rare surprise. Located in the southern half of the Green Mountain National Forest, it is a fairly large body of water and an integral part of a reservoir system utilizing the Deerfield River for electrical power. Surrounded by Vermont's ski mountains it is largely unspoiled and one of the last lakes in Vermont with nesting loons. The lake is about five miles long so we can expect a flatwater paddle of less than ten miles to include a picnic lunch and a possible swim. We will meet at Walmart Plaza, Brunswick at 8:00 a.m. You must wear a properly-fastened PFD and have a white light and whistle. Leader: Bill Valentino, (518) 366-4035, billvalentino113@yahoo.com

Aug 1 (Thu) MOREAU LAKE STATE PARK (C+)

We'll do a selection of wiggling trails on either the western escarpment or the eastern side of Moreau Lake State Park, getting up above for some views and to catch a breeze. Expect a distance of 6-7 miles with an elevation gain of 1000' to 1500'. We plan to swim in Moreau Lake after. View the trail map here: parks.ny.gov... Leader: Karen Ross and Lori McCarron, 518-794-7474, kcoyross@aol.com. Co-leader Lori McCarron, mmccarr2@nycap.rr.com, (518) 587-1957

Aug 3 (Sat) RUSK MTN (B)

Rusk is one of the trail-less peaks in the Catskills. For this hike, we will make the steep climb to the summit of Rusk and return on the more gradual route along the east ridge to the Spruceton trail. The distance is about 6 miles, over half off-trail, with about 1500 feet of ascent. Leader: John Susko, (518) 383-1284

Aug 3 (Sat) SOUTH TACONIC TRAIL (SOUTHERN END) (B)

We will hike on the new southern extension of the South Taconic Trail. The trail starts at the south end of Taconic State Park in Millerton. The new

trail will take us by a couple of pretty waterfalls, where we will cross the streams, to two open viewpoints. New, lightly trod trails are so refreshing! The total mileage is 8 round-trip with a cumulative gain of about 1700 feet. Contact leader via email with recent hiking experience and for meeting time and location. Co-leader Cliff Prewencki. Leader: Martha Waldman, (518) 869-5109, martha829r@aol.com

Aug 3 (Sat) BUCK MTN EASY WAY (B-)

We will hike the easiest way I know to climb Buck Mountain. The view from the top overlooks Lake George and on a clear day you can see the high peaks. The distance is about 5 miles and elevation gain is about 1500 feet. We will walk through a beautiful hemlock forest and then follow a stream to the summit. Please contact the leader by email. Leader: Jim Slavin, (518) 225-7703, jaslavin1@gmail.com

Aug 3 (Sat) GORE MTN FIRE TOWER HIKE (A)

This hike is up Gore Mountain to the fire tower, part of the Fire Tower Challenge. Round-trip distance is roughly 10 miles with an ascent of about 2,600 feet. The hike will be moderately paced (1.5 to 2 mph). Leader: John Basirico, (518) 368-4655, john.basirico@gmail.com

Aug 3 (Sat) TRAILWORK SUCKER BROOK TRAIL (C+)

This will be the chapter's third work trip to its adopted trail this season. The focus will be on trimming back side-growth and correcting drainage problems where possible. Expect a long day -- pack a lunch and two quarts water. We'll probably stop for dinner on the way home. Contact leader to discuss the trip and for the meeting place and time. Leader: Gene Reilly, (518) 281-7796, Genehikes46@gmail.com

Aug 6 (Tue) EVENING PADDLE - HUDSON RIVER (C)

Be on the water BEFORE 6:00pm. We will paddle upstream for an hour and return. This is a fairly new put-in for the group at Hilton Park and Boat Launch, 10 Forbes Ave., Rensselaer, NY. Take I-90 East to Exit 7, turn right onto Washington Ave. Turn right onto Forbes Ave. and follow it to the end for the boat launch. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Information for Evening Paddle Trips. No kayaks are available for rent at this location. Leader: Don Orr, (518) 421-3389 orrd@nycap.rr.com. Co-Leader is Celia Murray, celiaam@aol.com

Aug 7 (Wed) WEEKLY PADDLE (B)
See July 3 for description. Leader: David Pisaneschi, (518) 227-5630, dapadk@gmail.com

Aug 8 (Thu) LEAVE NO TRACE "HOT SPOT" WORK DAY ON NEW TRAIL TO CASCADE (C+)

As part of the Eastern High Peaks Leave No Trace "Hot Spot" (August 7 to 14) a service day is scheduled for August 8 to work on the new trail to Cascade from the Mount Van Hovenberg Sports Complex. Volunteers for the day are welcome and needed! There are additional volunteer opportunities throughout the week. To RSVP and for More Information Contact: Seth Jones programs@adk.org, (518) 523-3480 or Cathy Pedler, (518) 449-3870, (518) 935-0492 (cell), cathy@adk.org

Aug 8 (Thu) CASTLE POINT TO MARGARET CLIFF (C+)

This is 7.8 mile hike with 450 feet of elevation gain. We will meet at the Catskill Park & Ride at 9 a.m. The hike will start at the upper parking lot of Minnewaska State Park. We will hike down Upper Awosting Carriageway to the Rainbow Falls Trail and cross over to Castle Point and continue on to Margaret Cliff. We will return to the parking lot via the Castle Point Carriageway. There are nice panoramic views at Castle Point and depending on the rainfall at that time there may not be much water at Rainbow Falls. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com

Aug 10 (Sat) CAT & THOMAS FROM EDGECOMB POND (B)

We will spot a car at the Cat and Thomas trailhead and drive to the Edgecomb Pond trailhead to start the hike. Passing the pond, we will take the less-traveled red trail to Cat then continue to Thomas Mtn. and return to the Cat and Thomas trailhead. The hike is 5.9 miles with 2,063 feet of elevation gain. Contact leader via email only for details and provide your most recent hiking experience. Leader: Phil Seward, (518) 527-1851, flipsbliss17@yahoo.com

Aug 10 (Sat) PILOT KNOB RIDGE (B)

We will climb an **unmarked trail** which is about 5 miles round trip and 1500 feet in elevation gain. The open rock summit has great views of the southern part of Lake George. Please contact the leader by email for more information. Leader: Jim Slavin, (518) 225-7703, jaslavin1@gmail.com

Aug 10 (Sat) SHELVING ROCK - LAKE GEORGE (C)

A personal family favorite, the gentle old stagecoach road to the summit is perfect for short legs whether they belong to children or dogs. Commanding views of Lake George are well worth the effort. The hike is 3.4 miles round trip with about 630 feet of elevation gain. We will meet at Northway Exit 9 Park & Ride at 9 a.m. Co-leaders: granddaughters Addie, Ellie and Seraphina. Leader: Mark Plaat, (518) 462-4062, mplaata1@nycap.rr.com

Aug 11 (Sun) BASS LAKE / MOOSE MOUNTAIN POND (B+)

This could be a circuit hike on marked trails or a "to and from" on marked trails, dependent upon weather, interest and fitness of participants. In either event, this will be a pleasant hike over rolling hills on easy/moderate terrain into some lovely ponds. A swim is possible but would be better in one versus in the other. Mileage and elevation gain will depend on which option we choose for the hike. If interested please call on or before Thursday, August 8. No calls after 9 p.m. please. Leader: Keith Martin, (518) 859-9018, kdm46r@gmail.com

Aug 13 (Tue) EVENING PADDLE- SARATOGA LAKE (C)

Be on the water at 6:00 p.m. Take Northway exit 14. Turn left on Route 9P. At the first traffic light, turn right on Crescent Ave. Saratoga town launch comes up shortly on your left. Drive down the hill to unload. No need to sign up, just show up! You must wear a securely-fastened PFD and have a white light and a whistle. Leader: Austin Fisher, netvbc@gmail.com. Co-Leader: Erica Lovrin, elovrin@nycap.rr.com

Aug 14 (Wed) WEEKLY PADDLE (B)

See July 3 for description. Leader: David Pisaneschi, (518) 227-5630, dapadk@gmail.com

Aug 15 (Thu) BONTICOU CRAG AND TABLE ROCKS (B)

This is a 5.1 mile loop with a 940 feet of elevation gain. We will meet at the Catskill Park & Ride. at 9 a.m. The hike will start in the Spring Farm parking lot of Mohonk Preserve. We will hike up to Bonticou Crag, then up to Table Rocks, and then return to the parking lot. There is some climbing to get up to the crag. The western side of the crag is steep and requires some shimmying to get up the rocks. There is a beautiful 360-degree panoramic view at the top. Table Rocks is a neat expanse of rock with crevices. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com

**Aug 17 (Sat) CARLO CHIZZOLIN
MEMORIAL
HIKE/BUSHWHACK ON
BUCK MTN.. (B+)**

Carlo, who passed this last year, was a well-loved hike leader for the chapter. He was a winter Catskill and Adirondack Winter 46er and was the Outings Chair in the early '90s. He used to lead this trip, which is a bushwhack up Buck Mountain from the hairpin turn just as the trail starts to climb. It is steep but up open ledges with great views almost all the way up. On the way back, we will take a bushwhack route parallel to the trail that follows a nearly continuous line of waterfalls. This trip is approximately 6.5 miles with 1600 feet of elevation gain. Leader: Steve Siegard, (518) 788-8920, ssiegard@gmail.com

**Aug 17 (Sat) VANDERWHACKER MTN
FIRE TOWER (A)**

This hike is up Vanderwhacker Mountain, one of the peaks for the Fire Tower Challenge. Round trip distance is roughly 5 miles with an elevation gain of about 1,700 feet. The hiking pace will be moderate. Leader: John Basirico, (518) 368-4655, john.basirico@gmail.com

**Aug 20 (Tue) EVENING PADDLE -
WATERFORD (B)**

One Tugboat Alley, Waterford, NY 12188. Be on the water at the Waterford boat launch BEFORE 6:00 p.m. We will paddle upstream on the Hudson to Campbell Island or explore the shores and waterfalls of Peebles Island. In Waterford, turn from Broad St. south onto First St. and drive to the boat launch at its end. Or you can launch from Lansingburgh at the end of 123rd St. off of Second Ave./Rt.4 and meet the rest of the group on the Waterford side. No need to sign up, just show up. You must wear a securely-fastened PFD, and have a white light and whistle. See General Paddling info for evening paddling trips. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com

Aug 21 (Wed) WEEKLY PADDLE (B)

See July 3 for description. Leader: David Pisaneschi, (518)-227-5630, dapadk@gmail.com

**Aug 24 (Sat) HUNTER PASS SLIDE, DIX &
HOUGH (A+)**

Hunter's Pass Slide is a wide-open slide on the northwest side of Dix. The Adirondack slides offer the thrill of being on steep, exposed rock, and the added joy of ever-widening views as you climb higher. We approach the slide from the Hunter's Pass trail. It is then a short bushwhack from the top of the slide back to the trail. We follow the trail over the summit of Dix to the Beckhorn, where we

pick up the herd path to Hough. We will take the Lillian Brook herd path down to rejoin the marked trail. This trip is approximately 15 miles with approximately 3500 feet of elevation gain. Leader: Claudia Warren 518-764-2460 cldwr@hotmail.com

**Aug 27 (Tue) EVENING PADDLE -
BETHLEHEM (C)**

We will take off from Bethlehem Boat Launch at 6 p.m. Be on the water and ready to go at that time. Please park end-to-end when possible to save space for the boat trailers. You must wear a properly-fastened PFD and carry a white light and a whistle. Leader: Celia Murray, (518) 225-9902, celiaam@aol.com

Aug 28 (Wed) HADLEY MTN (B)

Hadley Mtn. is a fire tower mountain in the southern Adirondacks. The hike is less than 5 miles but with 1500' of elevation gain. It is a significant hike, with great views from the summit and even better views from the tower. There is also some shelter near the top in case of uncomfortable weather. Meet at the Clifton Park exit 9 park & ride at 8:00 a.m. Leader: John Sheehan (518) 674-8121, jgsheehan01@yahoo.com

**Aug 28 (Wed) LAKE GEORGE WILD
FOREST BACKPACK TO
FISHBROOK POND (B)**

This is a 10-mile round trip hike to Fishbrook Pond in the Lake George Wild Forest for a packraft paddle and pond Aquatic Invasive Species survey. The trip will include overnight primitive tent camping at Millman or Fishbrook Pond. Participation in the July 11 Backcountry Water Monitoring Training at Heart Lake is helpful, but not mandatory for this outing. Participants will help carry a lightweight (8 lbs) packraft and gear for the survey. RSVP required. Leader: Cathy Pedler, (518) 449-3870, (518) 935-0492 (cell), cathydedler.adk@gmail.com, cathy@adk.org. Co-leader: David Pisaneschi, dapadk@gmail.com

Aug 28 (Wed) WEEKLY PADDLE (B)

See July 3 for description. Leader: David Pisaneschi, (518)-227-5630, dapadk@gmail.com

**Aug 29 (Thu) NEW & PROSPECTIVE
LEADERS WORKSHOP (N/R)**

Join our group of dedicated outings leaders! Some of the reasons people choose to be leaders for us are introducing others to new challenges and rewards; sharing nature's beauty; providing learning opportunities for safety and the environment; meeting new people and having fun. I welcome those of you who are ready to become

leaders and those who just want to learn more. Email contact preferred. Leader: Virginia Boyle Traver, (518) 322-0950, virginiabt28@gmail.com

Sep 1 (Sun) SWIKE: PEAKED MTN AND 13TH LAKE (B)

Peaked Mountain is a lovely hike with a rocky ascent at the end. We'll stop for a swim in 13th Lake at the bottom of the trail. This hike will be 6 miles with 1250 feet of elevation gain. Leader: Kathy Sheppard, (518) 312-2199, rzantshep@gmail.com

Sep 4 (Wed) WEEKLY PADDLE (B)

See July 3 for description. Leader: David Pisaneschi, (518)-227-5630, dapadk@gmail.com

Sep 4 (Wed) EVENING PADDLE - BALLSTON LAKE (C)

Be on the water BEFORE 6:00 p.m. Take Northway exit 11 and go west about 3 miles to Lake Side Farms and turn right on Lake Road. The boat launch is on Lake Road at Villago's Restaurant (no parking fee). Pull in on the left, unload, and park behind Villago's. No need to sign up, just show up. You must wear a securely-fastened PFD, and have a white light and whistle. See General Paddling info for evening paddling trips. Leader: Alison Zoske, (518) 899-4031 saville1127@gmail.com Co leader: Erica Lovrin, elovrin@nycap.rr.com

Sep 5 – Sep 6 LAKE GEORGE WILD FOREST BACKPACK TO WOLF PONDS (B)

This is a 10-mile round trip hike and bushwhack to the Wolf Ponds in the Lake George Wild Forest (West Side) for a packraft paddle and pond Aquatic Invasive Species survey. The trip will include overnight primitive tent camping at Buttermilk Pond. Participation in the July 11 Backcountry Water Monitoring Training at Heart Lake is helpful, but not mandatory for this outing. Participants will help carry a lightweight (8 lbs) packraft and gear for the survey. RSVP required. Leaders: David Pisaneschi & Cathy Pedler, (518) 449-3870, (518) 935-0492 (cell), cathy@pedler.adk@gmail.com, cathy@adk.org

Sep 7 (Sat) PEEKAMOOSSE & TABLE (A)

Peekamoosse & Table Mountains are the 11th and 10th highest peaks in the Catskills. We'll take the trail from Peekamoosse Road which has good views along the way to a lunch spot with a view near the summit of Table. The distance is 10 miles with 3000 feet of ascent. Leader: John Susko, (518) 383-1284, jpsusko@nycap.rr.com

Sep 9 – Sep 13 WILDERNESS CAMPING TRIP (A)

This is a paddling/camping trip from Old Forge to Blue Mountain Lake, over four to five days. This trip will involve portages each day. You need to provide your own canoe or kayak, gear, food, etc. Contact either leader for more information. Leader:s Ed Brown: (518) 522-0583, brownjam1@twc.com, and Alison Zoske

Sep 10 (Tue) EVENING PADDLE - FLIGHT LOCK RD (C)

Be on the water BEFORE 5:30 p.m. From Waterford, drive west on Rt. 97 and take a left onto Flight Road. Drive past Lock 6 to the boat launch at Canal Park at road's end. We will paddle upstream and around the islands. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for evening paddling trips. Leader: Neil Cherkosly 518-598-3842 neil@upstateappraisal.net Co-leader Pam Bentien, (518) 424-7247, auntmayor@aol.com

Sep 11 (Wed) THREE BROTHERS (B+)

Leaving from the Garden parking lot in Keene Valley, the trail over the Three Brothers offers spectacular views along open rock ridges and outcroppings. With 2200' of elevation gain and 5.5 miles round-trip, the trail has some rugged sections, but rewards are bountiful. Driving distance and the trail's open exposure make this hike highly weather dependent. Email contact preferred. Leader: Virginia Boyle Traver, (518) 322-0950, virginiabt28@gmail.com

Sep 11 (Wed) WEEKLY PADDLE (B)

See July 3 for description. Leader: David Pisaneschi, (518)-227-5630, dapadk@gmail.com

Sep 13 (Fri) STAIRCASE TRAIL TO MOHONK LAKE (C+)

This is a 4.5 mile hike with a 520 feet of elevation gain. We will meet at the Catskill Park & Ride at 9 a.m. This hike will start in the Pine Road parking lot of Mohonk Preserve. We will hike to Duck Pond and up the steep and boulder-strewn Duck Pond Trail up to Staircase Trail, a rock scramble on the east side of Mohonk Mountain House grounds. We will circle around to Mohonk Lake, lunch, and return to the parking lot via Old Stage Road and Glory Hill Road. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com

Sep 14 (Sat) LOON LAKE MTN FIRE TOWER (A)

This is a hike up Loon Lake Mountain for the fire tower challenge. Round-trip hiking distance is roughly 6 miles with about 1650 feet of elevation

gain. The hike will be moderately paced. Leader: John Basirico. (518) 368-4655, john.basirico@gmail.com

Sep 17 (Tue) EVENING PADDLE - KIWANIS PARK (C)

Be on the water BEFORE 5:30 p.m. Take Exit 1A off I-890 to Rt. 5S in Rotterdam, then take a right into Kiwanis Park soon after leaving the highway ramp. We will paddle up or down stream depending on the conditions. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for evening paddling trips. Leader: Austin Fisher netvbc@gmail.com Co Leader - Pam Bentien, (518) 424-7247, auntmayor@aol.com

Sep 18 (Wed) WEEKLY PADDLE (B)

See July 3 for description. Leader: David Pisaneschi, (518)-227-5630, dapadk@gmail.com

Sep 21 (Sat) PICO PEAK (B)

We will see some of the highest mountains in Vermont on this hike and maybe some early fall colors. We will start at Sherburne Pass, east of Rutland. The first 1 1/2 miles will take us up through a mixed forest at a moderate grade. We will merge onto one of the ski trails for a short jog, and the following half mile is flat, leading to a lean-to. The last 1/2 mile is steep leading to the summit's north facing view. If we get a low humidity day, we might be able to see all the way to Stowe. A short walk through the woods leads to the south facing view of Killington. The round trip is 5 miles with 1800 feet of ascent. Leader: Robert Priest. (518) 489-7472. RPriest001@nycap.rr.com

Sep 24 (Tue) LOST CITY AND SPLIT ROCK FALLS (C+)

This hike is about 5 miles with an elevation gain of 900 feet. We will meet at the Catskill Park & Ride at 9 a.m. The hike will start in the Coxing Kill parking lot of Mohonk Preserve. We will hike up to the Lost City, a large mass of towering rocks with deep fissures. Then we will make a loop hiking up to the Peterskill area of Minnewaska State Park and down Trapps Carriageway and Shongum Trail to return to the parking lot. There are nice views in the West Trapps area and pretty Split Rock Falls at the end of the hike. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com

Sep 24 (Tue) EVENING PADDLE - FREEMAN'S BRIDGE (C)

Be on the water BEFORE 6:00 p.m. From Erie Boulevard in Schenectady, drive across Freeman's Bridge and take a right into the DEC Fishing Access Launch on the Glenville side of the

bridge. We will go up or downstream depending on the conditions. We may explore the Alplaus Kill. No need to sign up, just show up. You must wear a securely-fastened PFD and have a white light and whistle. See General Paddling info for Paddling trips. Leader: Sally Dewes, (518) 346-1761, stanger01@gmail.com

Sep 25 (Wed) WEEKLY PADDLE (B)

See July 3 for description. Leader: David Pisaneschi, (518) 227-5630, dapadk@gmail.com

Sep 26 (Thu) MT. ADAMS FIRETOWER (B+)

This hike has been rescheduled from an earlier date. As mentioned in the previous description, this trip is a tip from one of the strongest hikers and extraordinary outdoor adventurers I know. She lists Mt. Adams as one of her favorite "big bang for your buck" hikes. The trail is 2.4 miles to the summit, gaining 1,800', mostly at the end. It is a real lung burner, but the views of the surrounding High Peaks are more than worth the effort. We will meet at Northway Exit 9 Park & Ride at 7:30 a.m. Leader: John Antonio, (518) 462-2765

Sep 28 (Sat) PROSPECT MTN. FROM LAKE GEORGE RECREATIONAL PARK (B)

We will hike to the summit of Prospect Mountain from the Lake George Recreation Park. The trail follows an old jeep trail through the Recreation Park used for hiking and cross-country skiing. The hike is 5.7 miles round-trip with 1,362 feet of elevation gain with great views of Lake George and the area. Contact leader via email only for details and provide your most recent hiking experience. Leader: Phil Seward, (518) 527-1851, email: flipsbliss17@yahoo.com

Sep 28 (Sat) WALLFACE, MACNAUGHTON (A+)

From the High Peaks Information Center (HPIC) we will head toward Indian Pass and leave the trail before reaching the height of Indian Pass to bushwhack to the summit of Wallface. As part of a rescue operation two (or maybe three) years ago, the summit of Wallface was cleared to allow helicopters to land. What had been a treed summit is now a wide-open summit which offers beautiful views. It is about a 1.3 mile bushwhack from Wallface to MacNaughton. After enjoying MacNaughton's summit, we head down to Wallface Ponds, where we pick up the trail and head back to the HPIC. This trip is approximately 16 miles with approximately 3000 feet of elevation gain. Leader: Claudia Warren (518) 764-2460 email:cldwr@hotmail.com

Sep 29 (Sun) ROUND MTN (B)

We will start the hike from Route 73. We will climb at a moderate grade for the first half mile over a rise and down to Round Mountain Pond. The pond is beautiful, and the rise is just high enough to deflect the traffic noise from the road. Then we climb 1 1/2 miles to the junction with the Dix trail.

We will make a right turn and walk along a flat stretch. Another right turn takes us to the steep trail leading to Round Mountain summit. The round-trip distance is 7 miles with 1500 feet of ascent. Leader: Robert Priest (518) 489-7472 email:RPriest001@nycap.rr.com

CONSERVATION NOTES

As of this writing (mid- May) this is the status of the some of the issues ADK is tracking:

State Budget:

- **EPF** - Drop in open space funding; compensated for by increased federal funding; DEC hampered in land acquisition by staff shortage. Federal funding from Forest Legacy and LWCF; unsure about funding for 2019-20 in federal budget. If so, DEC will request additional funding to make up for federal short fall. Regarding Hemlock Woolly Adelgid, Cornell bio control an important item. Stewardship line remains unchanged; pays for ADK stewardship staff.
- **Rangers** – State now oversees 5M acres of state land. Increased search and rescue. DEC no longer sending rangers out of state to fight forest fires. ADK will continue to advocate for increased ranger staff next year.
- **Ticks** – Are becoming more widespread. Funding is needed to address this issue. Legislature failed to provide funding. Due to climate change winters are no longer severe enough to kill off the ticks. University of RI website has a video on how to tick proof clothing. Dick's sells Sawyers, which is liquid permethrin. Next fall, ADK will try to secure the \$1M in state budget to address this issue.

Legislative Update:

- **Fracking waste** – ADK supports; keeps out of state fracking waste from entering NY.
- **ATV Bills** – ADK opposes weight increases for UTVs and access to state land.
- **UTV registration** – ADK opposes.
- **ATV** - ADK opposes; only looks at economic impact; does not address environmental impacts
- **ATV age limit** – ADK supports; no children riding ATVs
- **Tick Bills** – ADK supports
- **Environmental Bill of Rights** – ADK supports; passed both houses; due again in 2021; must be passed again by separately elected legislature. Will address issues such as Hoosick Falls; Similar legislation in 13 other states. Does not limit citizen's suit to existing legislation, but to an issue where there is a strong scientific basis.
- **Land Bank** – 250 acres to come out of the FP; 1,200 to be added. Legislature would have to approve projects.
- **Camp Gabriels** – nothing happening. Not sure if it's part of the FP.
- **Historic Structures** – ADK opposes; must be legitimate historic structures; can't be hunting camps.
- **Float planes for Vets** – ADK opposes, bill is too broad.
- **Hike Rating Bill** – ADK opposes; requires DEC to rate hikes; leaves DEC open to lawsuit.
- **Climate and Community Protection** – ADK supports; sets up greenhouse gas emissions cap.
- **Wetlands** – ADK supports; amends conservation law; provides greater protection for wetlands.
- **Better Bottle Bill** – ADK supports; expands current bottle bill.
- **Modernizing FOIL** – ADK supports; requires agency to post information on website if there is a public interest,
- **Renewal of boat washing information** – ADK supports; expecting it to be renewed; no assembly bill.
- **Minimum Maintenance Roads (Low Volume Roads)** - ADK opposes; allows localities to determine which local roads can receive minimum maintenance. It will limit access to remote trail heads. Sportsmen are also opposed. State has leverage by withholding CHIP funds.
- **Cathead Mountain** – constitutional amendment to be acted on in 2020.

MATS:

Mercury Air Toxic Standards (MATS) plants in Tennessee and Ohio River Valleys still burn soft coal. This produces SOx and NOx, in addition to mercury, which is created from pulverized coal. In 2012, standards were changed to reduce mercury emission. Great progress was made. Trump administration is attempting to redefine the definition of the MATS rule. When rule was proposed, utilities contacted administration requesting that rule not be revised, since utilities have implemented improvements; costs have already been passed on to customers. Pollution has been reduced. Fewer jobs in soft coal industry, which is mined by mountain top removal, which is very destructive. Only high-level administrative officials support. Soft coal use decreased from 45 % (1968) to 18 % (1990) in utility production. Soft coal is only economical if pollution controls are not used.

If you have questions or want to know more about these issues, please contact David Pisaneschi at: dapadk@gmail.com or 459-5969. For updates on conservation issues of concern to ADK members, please visit the chapter website at:

<http://www.adk-albany.org/conservationNotes.php>

ECHOES FROM THE TRAIL

May 22 (Wed)

BROMLEY MT

Leader: Virginia Boyle Traver

Eight hikers had a wonderful day hiking the Appalachian Trail/Long Trail to Bromley Mountain in Vermont. With a clear sky and cool temperatures, we hiked on a very pleasant trail, amidst beautiful quartz rock and many spring wildflowers. Little foliage was out yet, so we could see through the trees to mountains in the distance. Along the way, we took a short detour to see an Appalachian Trail hut. Just before the summit, the trail opened to a ski run, which provided views in many directions. Not to be outdone, the summit views surrounded us from every direction. It was a wonderfully clear day, and we all enjoyed great camaraderie and lunch amidst the views.

May 15 (Wed)

WEEKLY PADDLE

Leader: David Pisaneschi

David Pisaneschi lead a paddle on the Hudson River at Schodack Island State Park starting side at 9:30 and entered the Schodack Creek at around 11:30, which was low tide. This trip is tide dependent. The plan is to ride the out-going tide down the Hudson to the point and then pick up the incoming tide on the paddle up Schodack Creek. After lunch, the group took advantage of the incoming tide to explore the bays feeding into Schodack Creek. A downed tree near the takeout and lack of docks (the State had not installed them due to high water) made for an interesting landing.

May 15 (Tue)

EVENING PADDLE - BALLSTON LAKE

Leaders: Alison Zoske, Ellen Luchsinger

Twelve paddlers gathered on Tuesday May 14 to paddle the length of Ballston Lake. There were a few light sprinkles, but it had been such a lovely sunny day that no one minded. We watched two eagles catching dinner and perching in a tree, a beaver, yellow warblers, Blue Herons, and several other birds.

May 16 (Thu)

MARCH CATARACT

Leader: Bradley Schwebler

A small group of 3 who enjoyed good hiking weather to March Cataract Falls in Mt. Greylock State Reservation. The group also enjoyed nice views from the summit.

May 8 (Wed)

WEEKLY PADDLE

Leader: Tom McGuire

The water levels were lower than expected which meant we couldn't do everything we had planned on, but we still put in 15-1/2 miles. Ten paddlers left Freddie Park and paddled upriver, under the Twin Bridges and into the old Erie Canal at Vischer Ferry. We made a quick visit to the old Clute Dry Dock and then on to the

causeway where we stopped for lunch. After eating, we continued another 1.6 miles along the canal before turning back.

May 7 (Tue) EVENING PADDLE - WATERFORD
Leader: Don Orr

Two paddlers braved a rainy evening to paddle upstream on the Hudson in the Waterford area to Campbell Island and explored the shores and waterfalls of Peebles Island. With the high-water level, they were able to explore 3 bays that the normal levels wouldn't allow access and also discovered an island that only appears at high water. Besides the normal sighting of geese and mallards, they also saw wood ducks, herons, osprey, eagles and a couple of beavers. On the return they were rewarded with a rainbow and a beautiful sunset.

Apr 30 (Tue) EVENING PADDLE - LIONS PARK
Leaders: Pamela Bentien, Austin Fisher

Nine paddlers launched at Lions Park under a cloudy sky on a mild afternoon. Taking advantage of water high enough to get into the Lisha Kill we were able to go upstream a good way, being rewarded by clearing skies and active wildlife (nesting waterfowl, a glimpse of some deer, songbirds, muskrats, leaping fish). On returning to the mouth of the stream 6 faster boats set off to cover a longer stretch while the 3 remaining boats took a more leisurely pace along the islands (note, the channels between the former islands have almost all been silted in over the past few years and are becoming one big island). Eight attended the PCM at Otis and Oliver's.

May 2 (Thu) ZADEE BOWER & ROCK RIFT
Leader: Brad Schwebler

Brad Schwebler led the hike to Rock Rift with Karl, Terry, and Paul. Nice hike with good company, the weather cooperated, and everyone enjoyed the challenging rock scramble.

April 24 (Wed) MOREAU STATE PARK – PALMERSTON RIDGE TRAIL
Leader: Ralph Keating

We covered a moderate 8.5 mile hike which passed the waterfall trail, Lake Bonita, Lake Ann, much of the interior of the Palmertown Ridge and finally along the West Ridge Trail. It was a windy day with clouds and some sun, but fortunately the rain held off and we had a nice day. Moreau is a nice park with 22 miles of trails within an hour drive of the Capital District A great place for a nice day hike.

Apr 18 (Thu) POET'S LEDGE & RAINBOW FALLS
Leader: Brad Schwebler

Brad Schwebler led a hike on 18 April 2019 with two other people, Mike and Pete. This was a 9-mile hike which included Poet 's Ledge and Buttermilk Falls. Fortunately, the rain held off so we could enjoy the hike in dry conditions.

April 17 (Wed) POTASH AND HADLEY MOUNTAINS
Leader: Ralph Keating

This ADK hike lead by Ralph Keating involved climbing up two small mountains in the Lake Luzerne area. Potash is a newly opened recreational area that starts at the Harris Preserve then climbs through State land to the summit on a rather rugged trail that goes around cliffs and up steep areas. The State has not completed the trail work in this part of the hike but has marked the trail with flagging. It's a short 1.8 miles with about 1,100 ft elevation gain to a bald summit with spectacular views. If you take the red loop in Harris Preserve on the way down, it adds a bit making this a 3.3 mile hike. This is a very quiet mountain with little use so far. Hadley on the other hand is a greatly overused mountain with trails that are very eroded and 20 feet wide in many places. This summit is also bald and has beautiful views even without going up the fire tower. This hike is about 3.7 miles with 1500 ft elevation gain. Hopefully when the Potash Mountain trail is completed and marked, more people will go there and take some of the pressure off Hadley. A spectacular spring day to be out hiking!

Apr 9 (Tue) ASHUWILLTICOOK BIKE RIDE
Leader: Virginia Boyle Traver

Virginia Boyle Traver led a bike ride on the Ashuwillticook Rail Trail in nearby Massachusetts. The temperature was chilly to start and then warmed. The brooks were full and fast, and the reservoir had clear reflections from a beautiful sky. We had an ample picnic lunch with a few shared treats, and then went on a search for ice cream places along the trail. Although ice cream wouldn't be "seasonal" for a little while, we

were content with cider doughnuts from Whitman's Farm.

**Apr 4 (Thu) KAATERSKIL FALLS TO INSPIRATION POINT
Leader: Brad Schwebler**

Brad Schwebler led a group of 11 people on a hike to Kaaterskill Falls and Inspiration Point on the Escarpment Trail on 4/4/19. It was a little windy and there were icy patches in spots on the trails, but the sun was shining, and everyone enjoyed it.

**May 24 (Fri) BATTENKILL PADDLE 1
Leader: Charlie Beach**

As with most streams in our area this year, there is an abundance of water. The Battenkill was flowing and high. In fact a normally dry channel near Eagleville had a navigable flow. An expected tricky 180 degree bend above Shushan has become dangerous. The main flow has cut through the woods to the other side, leaving a tangle of trees and a wayward boat in the current. We had no problem avoiding that. A few waves provided good surfing spots for the four participants to enjoy.

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ididaride! 2019

You are invited!

Come join the fun at *ididaride!* on Saturday, July 27 at the Ski Bowl Pavilion in North Creek, NY. All chapters and ADK members and their families are invited to participate, volunteer, and cheer on riders, as well as purchase a mile marker sign on behalf of your business, yourself, or your chapter. The 14th annual event has grown to become ADK's largest fundraiser and provides needed funds to sustain the programs you enjoy and protect the lands you love. Please plan to join us!

Details at adk.org/ididaride.

Contact Sunday Conine at ADK's Lake George office with any questions, 518-668-4447 or Sunday@adk.org.

ADK FALL OUTING 2019

FRIDAY, SEPTEMBER 6 — SUNDAY, SEPTEMBER 8TH

HARRIMAN STATE PARK

**HOST CHAPTERS: MID-HUDSON, MOHICAN,
NORTH JERSEY-RAMAPO, NEW YORK AND LONG ISLAND**



The 2019 ADK Fall Outing will be in the Lower Hudson Valley, based at The Stephen & Betsy Corman AMC Harriman Outdoor Center on Breakneck Pond in the heart of Harriman State Park. Harriman and adjacent Bear Mountain and Sterling Forest State Parks feature more than 225 miles of marked trails, including the famed Appalachian Trail, Long Path, and numerous lakes, making it a hiker's and paddler's paradise. Other notable parks, Hudson Highlands and the magnificent Hudson River are nearby, as is The Big Apple—just 30 miles from the Center.

Five downstate chapters are collaborating to offer club members and their families and friends a rich selection of outings for all tastes and abilities. In addition to daily hikes, paddles, and other exclusive excursions offered by host chapters, we have evening presentations on Central Park and Sterling Forest, and a singalong with the famous Walkabout Clearwater Chorus, founded by Pete Seeger.

The entire Harriman Outdoor Center has been reserved for on-site lodging, camping, and meals. Offsite, but nearby, hotel rooms are being held for us at discounted rates. Details and relevant links can be found online by visiting the Web address below.

Registration is online, and you will be able to select your accommodations, meals, and outings. All will be available on a first-come, first-serve basis. Don't wait. Early registration is encouraged to secure your preferred lodging and outings.

Go to www.midhudson.org today to find more details about the weekend, including outings and food/lodging options, and to register (online only).



PHOTO CONTEST WINNERS

People in Nature

1. Kathryn Bethuniak
2. Lauren Jacobsen
3. Jemma Rowlands

Scenic Nature

1. Jacquelyn Pierce
2. Jemma Rowlands
3. Ann Burns

Wildflowers / Fungi

1. Patrick Soloviev
2. Lauren Jacobsen
3. Mary Greagen

Wildlife

1. Michael Kalin
2. Kathryn Bethuniak
3. Erica Lovrin

Albany Chapter

Adirondack Mountain Club
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Albany, NY 12220

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