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June-July 2010

# The Lookout

The newsletter for the Schenectady Chapter of the Adirondack Mountain Club

## Volunteers needed!

We are looking for talented and energetic chapter members to help run the chapter innings and to organize various projects throughout the year.

Contact Stan Stoklosa at 383-3066 if you would like to volunteer yourself, nominate a worthy candidate, or serve on the Nominating Committee for our fall election.

## EMS helps out

The Schenectady Chapter Board wishes to thank Niskayuna's Eastern Mountain Sports for the money that it raised during Club Day on April 24. Customers who were not club members could contribute \$10 to a club of their choice so to receive a 20% discount on store purchases. EMS' customers contributed \$219 to the Schenectady Chapter. The Board sincerely appreciates EMS' support.

— Maria Beurmann

## New treasurer appointed

Mike Brun has been appointed as Treasurer by the Board to fill the term of Giselle Sum Bush.

Welcome Mike. Our thanks and best wishes to Giselle!

## 2010 scholarship winner

This year's scholarship for \$500 was won by Ballston Spa's senior, Kelcie LaRoche. She will be attending the Coast Guard Academy in September of 2010. Kelcie will be majoring in some combination of biology and environmental sciences while focusing on marine biology. Seven local high schools were visited by Maria Beurmann and each was asked to advertise the scholarship to seniors who were focusing on science programs. Kelcie's essay and her goals made her the strongest candidate for the scholarship.

## Chapter to host Fall Outing

The Schenectady Chapter is hosting this year's Fall Outing. It will take place at Camp Fowler in Speculator September 10-12.

The outing will feature trips for hiking, on- and off-road biking, flat-water canoeing and whitewater kayaking. Other recreational opportunities abound: the Adirondack Museum is close by and the Wild Center is only an hour's drive away. In addition, Camp Fowler features 245 wooded acres on Sacandaga Lake, offering opportunities for swimming and paddling. A Saturday evening banquet will feature speaker Don Williams.

There are limited on-site accommodations, but the area features a variety of motels and B&Bs and state and local

### Fall Outing

**When:** September 10-12

**Where:** Camp Fowler, Speculator

**Cost:** Details in the next Lookout.

campgrounds. A complete list of options will be included in registration packets.

The seasonal outings are a great opportunity to catch up with fellow chapter members and meet new friends from other chapters. ADK membership is not required for participation.

Contact Bob Grimm at 842-7436 or [grimmbob@capital.net](mailto:grimmbob@capital.net) for more information or to pre-register. Volunteers will also be needed in a variety of positions.



## Trails Day moves to new location

Due to construction on the Mohawk-Hudson Bike-Hike Trail, we will be cleaning a different portion of the bike path this year. We'll meet at 9 a.m. at the Schenectady County Community College's athletic fields near the Western Gateway Bridge and work our way west along the trail into Rotterdam.

We suggest long pants, work gloves, good shoes, sun protection, and bug protection as we pick up trash and cut back brush along the path near SCCC. Bring

### Trails Day

**When:** 9 a.m. to noon, Saturday, June 5

**Where:** meet at Schenectady County Community College

your favorite trail tool or borrow one of ours. Juice and cookies provided.

Contact Stan Stoklosa @ 383-3066 for sign up and for more details.

# 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 Herb Terns at 372-8478 and let him know.

## Wilderness First Aid Course

The Schenectady Chapter Board agreed to provide partial (\$150) 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 get a total of \$200 reimbursement. Call Larry Woods (271-0270) or Herb Terns (372-8478) for further information.

### 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	

## Sat 5 Jun

### Windham High Peak & Burnt Knob, Class B2C

John Susko, 383-1284

We'll take the trail from the end of Black Dome Valley Road over Burnt Knob to the top of Windham. This is a longer and less frequently used approach to Windham; but, it provides several good views. We will either return the same way or spot a car at Peck Road and do a through hike. The distance is 7-8 miles with ~1500 feet of ascent.

**CATSKILL  
3500**

## Tues 08 Jun

### Taconic Crest Trail – Petersburg Pass to Route 346, Class A2B

Mary MacDonald, 371-1293 or  
[mmacdonald003@nycap.rr.com](mailto:mmacdonald003@nycap.rr.com)

We will begin at elevation and hike north for 8.35 miles over rolling hills and then descent to road. Possible stop at Snow Hole. Bring lunch, rain gear. Car shuttle required. Early start. Contact for further information.

## Thu 10 Jun

### Brace and Round Mts, Class B2B

Walt Addicks, 437-0941 or  
[waddicks@verizon.net](mailto:waddicks@verizon.net)

Panoramic views of three states from the ridge of

## Innings and Outings, cont.

these South Taconic mountains. Abundant mountain laurel in the area should be in bloom at this time of year. Meet 7:30 a.m. at Crossgates Mall JC Penny upper parking lot.

### Sat 12 Jun Porter Mountain Trail Clearing Stan Stoklosa, 383-3066

Postponed from May 1, since it was likely we would have been dodging thunderstorms while post-holing thru knee-deep snow that day. Hoping for drier trail conditions, we will probably work from the Cascade trail junction. Followed by dinner at the Noonmark Diner.

#### TRAIL MAINTENANCE

### Tues 15 Jun Trip Leaders and Prospective Trip Leaders Gathering at Pinhead Susans Herb Terns, 372-8478 or [trailhed@verizon.net](mailto:trailhed@verizon.net)

If you're currently leading trips or have ever thought about leading them you're invited to join us at Pinhead Susans in downtown Schenectady. Refreshments will be provided and awesome prizes will be given out to current leaders. This is technically a meeting but will mostly be a fun, informal gathering to talk about trails, hiking and trip leading. Starts at 6:30 p.m., call or e-mail for details

### Wed 16 Jun Black and Elephant Mountains, Class B2B Norm Kuchar, 399-6243 [nkuchar@nycap.rr.com](mailto:nkuchar@nycap.rr.com)

Black and Elephant Mountains lie on the east side of Lake George. We'll first follow the marked trail to the top of Black Mountain, which has great views of the lake. Then we'll do some exploring by bushwhacking down the northern ridge of Black Mountain to its trailless neighbor, Elephant. Does Elephant have views of the lake? We'll find out by exploring the summit and trying to find an open ledge which the leader thinks he spotted from the other side of the lake. Total distance is about 7.5 miles, with about 3.5 miles of bushwhacking. Climb is about 1650 feet.

#### FIRE TOWER CHALLENGE

### Sat 19 Jun Pharaoh Lake Wilderness hike and swim Class B2C Walt Hayes, 399-7482

Explore the trailless sides of two pretty little ponds in search of photo opportunities and swimming holes. About six miles at leisurely pace with time for photos and swimming at Oxshoe and Crab Ponds. There is very little elevation gain on

this trip with about two miles of bushwhacking included in the total of six miles.

### Sat 19 Jun Round-the-Mountain Canoe/Kayak Trip Class A2C Roy Keats, 370-0399

We will start at Ampersand Bay on Lower Saranac Lake and go west to mouth of the Saranac River. We then go down the river and through the Lower Locks. After that we continue on through Oseetah Lake, and finish on Lake Flower in Saranac Lake. This loop circles Dewey Mountain, hence, the name. There is beautiful scenery all along the route, and quite a bit of variety in the paddling between open lake and flat water river. The trip length is just over 10 miles. The start and finish points are only about two miles apart by road, so only a short car shuttle is needed. If there are strong winds, we will use an alternate trip, probably a more sheltered river instead of a lake.

### Sun 20 Jun Sleeping Beauty Sunset Solstice Hike View and Brews, Class B Herb Terns, 372-8478 or [Trailhed@verizon.net](mailto:Trailhed@verizon.net)

For the past few years this has been an after-work weekday hike. This year we'll kick off summer a day early! We'll carpool up to Glens Falls to Davidson Brothers Restaurant and Brew Pub (<http://www.davidsonbrothers.com/>) where we'll start the night off with a quick dinner. Anyone wanting to skip dinner can join us in Glens Falls afterward. Then we'll head up Sleeping Beauty to watch the sunset over Lake George. We'll hike back down by headlamp and hopefully have everyone home relatively early. In the past my wife Gillian has made a big batch of chocolate chip cookies for us to eat on top and if I'm nice to her, hopefully she will again. A headlamp and ability to have a good time is required. Round trip is 3.5 miles with 1150 feet of gain (half of it in the dark.) It's also Father's Day so bring your dad!

### Sat 26 Jun Redfield, Class A+1A Jay Summerson, 673-2664

This climb will be from the Upper Works via the Uphill Brook path. Be prepared for a long strenuous day with about 12 hours and 16 miles of hiking. Meet 6:30 a.m. at the I-87 Northway Exit 9 Park and Ride lot.

#### HIGH PEAK

(Continued on page 4)

## Innings and Outings, cont.

(Continued from page 3)

### Fri 2 July

#### **Henderson Lake Canoe Trip, Class B3C Roy Keats, 370-0399**

We will start at the Upper Works parking area. There is an easy quarter mile carry to the lake. The lake has interesting cliffs, swampy areas and inlets along with great views of Indian Pass, Santanoni, and Mt. Colden. Including all of the shoreline and inlets we could paddle about 6.5 miles total at a leisurely pace.

### Sat 3 July

#### **Northville-Placid Trail: Whitehouse to Piseco, Class A2B**

**Mary MacDonald, 371-1293 or  
[mmacdonald003@nycap.rr.com](mailto:mmacdonald003@nycap.rr.com)**

Pleasant woods walk along old road and trail passing Buckhorn Lake (1/4 mile off trail). Several bridges and beaver activity included. Bring lunch, rain gear. Car shuttle required. Early start. Contact for further information.

### Tues 13 Jul

#### **Bagels by the Lisha Kill Class C2D**

**Herb Terns, 372-8478 or  
[trailhed@verizon.net](mailto:trailhed@verizon.net)**

This will be an easy, early morning walk in the Lisha Kill Nature Preserve in Niskayuna. Leader will pick up some hot, fresh bagels on the way to the walk which we'll eat at a nice spot by stream. Let him know your bagel preference when you sign up. We'll have you back in time to go to work (unfortunately.) 1.5 miles RT.

### Thu 15 Jul

#### **Crane Mountain, Class B2B Walt Addicks, 437-0941 or**

**[waddicks@verizon.net](mailto:waddicks@verizon.net)**

This will be a loop hike with ascent via the eastern trail and return past the pond where swimming is optional. About 5 miles round trip and 1100 feet of ascent. Meet 8 a.m. at the I-87 Northway Exit 9 Park and Ride lot.

### Sat 17 Jul

#### **Bald Pate and Owl Pate Bushwhack Class A2B**

**Norm Kuchar, 399-6243  
[nkuchar@nycap.rr.com](mailto:nkuchar@nycap.rr.com)**

Bald Pate and Owl Pate are trailless mountains lying in the Hammond Pond Wild Forest, east of Northway Exit 29. Though neither summit reaches 2500 ft, both have good

cliff-top views north to the High Peaks and south over the Pharaoh Lake area. We will begin on Ensign Pond Road and take the marked Moose Mountain Pond trail. Before reaching the pond, we will begin to bushwhack south to the top of Bald Pate to catch the views and perhaps find blueberries on the ledge tops. We'll then circle under the Bald Pate cliffs and head for Owl Pate, about a mile to the west, which has more views from two sets of cliff tops. We'll return by bushwhacking north back to the Moose Mountain Pond trail. Total distance is about 9.5 miles (about 4 miles of bushwhacking) with about 2000 ft total climb.

### Sun 18 Jul

#### **Sleeping Beauty & Fish Brook Pond Class B2C**

**Ken & Nilde Marcinowski, 885-9400 or  
[Nildekens@msn.com](mailto:Nildekens@msn.com)**

We will go up Sleeping Beauty from Dacey Clearing to take in rewarding views of the Lake George area and beyond (fogged in last year). We will then continue on to picturesque Fish Brook Pond where we will enjoy lunch and spot loons before returning around Bumps Pond, completing the "Sleeping Beauty Loop." Approximately a total of 1200 ft. of elevation gain in 5.2 miles. Please call or e-mail by Friday evening prior to the hike. Rain will cancel.

### Tues 20 Jul

#### **Foxlair Estate Plus, Class C2C Walt Hayes, 399-7482**

Near Bakers Mills in the valley of the East Branch of the Sacandaga we will follow a fisherman's path to remote Eagle Pond in the morning, explore the remains of Richard Hudnut's Foxlair Estate in the afternoon and hear the story of the Estate by a Hudnut family member, Nan Clarkson, in the evening. The walk is easy with under three miles round trip and 600 feet of ascent. Nan is scheduled to speak at the Lake Pleasant Library at 7 p.m.

### Fri 23 - Sun 25 July

#### **Northville Placid Trail Section Backpack Part II – Piseco to Wakley Dam Class A2B (X3)**

**Herb Terns, [trailhed@verizon.net](mailto:trailhed@verizon.net) or  
372-8478**

This is the second installment of our NPT backpacking series. Our first trip was last fall from Upper Benson to Whitehouse. This time we'll head out for two nights and three days of backpacking. We'll likely camp at Spruce Lake on Friday and Cedar Lakes on Saturday night. Total mileage for the weekend is roughly 33 miles so we'll be doing between 10-12 miles per day. Some shared group equipment is possible, contact me for details.

# Whitewater events

Do you want to learn how to paddle whitewater? Call Chuck Wilkison (793-8041) for canoe or Horst deLorenzi (399-4615) for kayak. We can help you get started.

Date	Day	Trip Location	Class	Leader	Phone
6/5	Sat	<b>Leader's Choice</b> It gets tough to call, this time of year. Check with the leader to see what the options are.	3	Anthony Lamano	275-6005
6/6	Sun	<b>Battenkill River</b>	1/1+	Rich Macha	346-3180
6/12	Sat	<b>Leader's Choice</b> Water levels are very unpredictable in June. Call the leader to see what he has in mind.	3	John Banevicius	256-7827
6/13	Sun	<b>Battenkill River</b> Put in at the NY/VT state line and paddle to Rt. 22 near Salem NY. There are 3 covered bridges on this scenic route.	1	Rich Macha	346-3180
6/13	Sun	<b>Schroon River</b>	3	Larry Woods	271-0270
6/18	Fri	<b>Leader's choice</b>	?	Bob Wright	279-1428
6/19	Sat	<b>Deerfield River</b> Fife Brook section. Beautiful, clean class 2, except for the optional Class 3 Zoar Gap.	2/3	Jim Palmer	399-9090
6/19-20	Sat/Sun	<b>Intermediate/Novice Whitewater KAYAK instruction</b> On the Deerfield River. The \$30 fee is an outstanding deal, for 2 days with an ACA certified instruction!	2	Sally Dewes	346-1761
6/19-20	Sat/Sun	<b>Intermediate/Novice Whitewater CANOE instruction</b> On the Deerfield River. The \$30 fee is quite a bargain for 2 days of ACA certified instruction! Call to find out if this class is right for you.	2	Larry Woods	271-027
6/20	Sun	<b>Schroon River</b> The Schroon is our most frequently run river, because it holds water much later than other rivers in the area (including the Hudson).	3	Mal Provost	399-1565
6/25	Fri	<b>Leader's choice</b>	?	Bob Wright	279-1428
6/26-27	Sat/Sun	<b>Lehigh River in PA</b> Drive down on Fri.; stay in a motel or camp. Please call early.	3	Dave Avigdor	654-6609
7/4	Sun	<b>Hudson Gorge</b> Pot luck supper/ party afterwards. With about 15 miles of mostly, wilderness paddling (much of it class 3 to 3+ rapids).	3+	Chuck Wilkison	793-8041
7/10	Sat	<b>Sacandaga River</b> Hadley release.	2+	Larry Woods	271-0270
7/11	Sun	<b>Deerfield River</b> Fife Brook section Beautiful, clean Class 2, except for the optional Class 3 Zoar Gap.	2/3	Judy Halstead	583-2504
7/17	Sat	<b>Hudson Gorge</b>	3+	Larry Woods	271-0270
7/24-25	Sat/Sun	<b>ACA Whitewater Rescue Class</b> With Andrew Jillings! Several members of our ADK Chapter, took this course recently. We ALL agreed, that it was one of the best river experiences we have ever had! Fee, to be determined. Class size is limited, so call early!	2/3	Sally Dewes	346-1761

# Trip tales and paddling parables

## Lower Ausable Lake Ski Trip — 3/13/2010

Cancelled because of weather and poor conditions.

## Berry Pond Tract — 3/20/2010

Snow cover was very limited so no snowshoes on this trip. Explored on the old roads of the preserve. We were close to the heron rookery but no herons yet. We found nice views to the South and East. Multiple use and multiple ownership causes some very confusing and unwelcoming signage that needs to be resolved before this beautiful and remote property near Lake George Village can become popular with the public. It was a good day in the woods with Dale Blanchet, Chris Grossman, Susan Roberts and the leader (Walt Hayes)

## Catskill — 3/20/2010

A large crowd showed up for the first official whitewater paddling trip of the season. Because of the huge snowpack in the Catskills, the river was at a nice medium level without rain. It was warm and sunny and a beautiful day to be out. Aaron, Anthony, Barbara, Dave, Jon, Kamal, Kenny, Mike, Norm, Rachael, Ralph, Sally, Steve, Todd, and Tony. We all stayed together, but because of the size of the group, we split into smaller groups of three to keep an eye on each other. We started out at the upper put-in in Cooksburg. The more remote upper section isn't paddled that often but it was a nice warm up to the lower section. We worked our way down thru to Oakhill and then on to East Durham for a trip of about 9.5 miles. Fun was had by all!

## Ledge Mountain — 3/27/10

Two years ago we climbed Baldface Mt. near Indian Lake on a semi-bushwhack. From the summit we spied an impressive little peak that looked like cliffs encompassed its whole southern half. The mountain was Ledge Mountain, or Ledger on some maps. It's just south of Blue Mountain and is trailless, although the state UMP calls for a trail to



Hikers on Harvey Mountain on May 1.

Photo provided by Rich Vertigan

be built to its summit at some point. This is likely to replace nearby Sawyer Mt., whose summit has been growing in for a number of years and might soon be viewless. When the trail on Ledge is built, it should be pretty popular because it's an easy climb and this little mountain is a gem. It's only a mile from Rt. 28 to the summit. Anyone who has been on my trips before should know that just because it's only a mile to the summit doesn't mean it only has to be a mile-long hike. Instead, seven of us from bushwhacked under the cliffs to get an impressive view of them. We then continued on following a beaver vly to a small pond called Unknown Pond. We didn't end up finding a complete view of the cliffs up close but got good views of sections, including one where a troika of vultures soared around the cliffs looking for food.

When you're planning a trip like this, you never know what you're going to find. The topo map shows a marshy area, but is it a swamp or a beaver vly? Is Unknown Pond worth the trip in? Just about all the variables turned out great. The company was good and the weather was even better with sunny blue skies. We followed a string of picturesque beaver meadows in with an impressive looking

cliff off to our left. Unknown Pond was a great spot for lunch and really too good looking of a place to have such a nondescript name. Also one of the big surprises — we didn't need snowshoes! In March! After lunch it was time to, you know, actually climb the mountain. We got some seducing views of the nearby Stark Hills which we'd have to save for another time. On this trip we were happily surprised to be able to see the High Peaks. We had guessed our views would be south from the cliff tops but we had views before we even got there. It was on the summit where we got great views of what Barbara McMartin calls the southern Great Range — Snowy, Buell and Squaw mountains. All are just a bit under 4,000 feet. We also got a good look at the route we took in, which followed the bottom of the cliffs. A great day out. Hikers were Gail Gaskan, Walt Hayes, Norm Kuchar, Gail Livingston, Nate Mack, John Susko and the leader (Herb Terns)

## Catskill — 3/27/2010

Only a few old timers showed up for this trip, i.e. Charlie Beach, Bob Wright, Norm Labbe and Horst deLorenzi. None from the younger, less hardy generation

## Trip tales, cont.

showed up. The reason may have been the crisp temperature on this early morning run; the temperature was 18 degrees when the trip leader left home, warmed up to 26 degrees by the time we put on the river, but turned into a balmy 44 degrees during the run. We started at the fishing access site on RT 145 and took out at the Bridge at East Durham. The stretch above the Oak Hill access is only enjoyable at higher water levels, but the level was high enough today. Early on, Bob was very excited about the icicles formed by the water running down the front of his helmet. I suppose he imagined looking out a jail cell while running the river. There was only one swim when the open boater decided to do an extended side surf in one of the biggest holes on the river. There was also some curious amusement for Bob and Norm when the trip leader didn't pay enough attention, got pushed into a rock wall, flipped and had to roll up again. As the saying goes, a good time was had by all.

### Ski Trip – Camp Santanoni 4/4/2010

This trip was cancelled. A few days before our trip temperatures had made it up to 77F. The previous three weeks had been over 60F with no snow. Without the usual base at Santanoni, there was not sufficient snow to last out the heat wave. I may have to move the former “sure bet” last ski of the season to a week of two earlier because of global warming.

### Kniderhook Creek — 4/2/2010

Five paddlers (three solo canoes and two kayaks), travelled the upper stretch of the Kinderhook on a warm sunny spring day in April. The water level was high enough so that the run went smoothly with no scrapping the bottom. We put in at Stephentown Center and took out at the falls in East Nassau. This is a run of approximately 11 miles and we did it in 4 hours including a few stops for lunch and for stretching our legs. Participants were Charlie Beach, Kamal Kalafala, Chuck Wilkinson, Larry Woods, and trip leader Robert Wright.



Photo by Herb Terns

Urban trekkers take part in a walk through Schenectady on April 18.

### Hudson River from North Creek to Riparius — 4/3/2010

This paddling trip first started with some skiing. Rick Gonzales, Morris Kopsels, and Nelson Miller joined trip leader Chuck Wilkison for a great morning of skiing the upper mountain trails at Gore Mountain. Our legs were pretty tired by noon and we were ready to give them a break and utilize our arms for the afternoon paddle.

We were joined at the put in by Scott Kraeger (kayak), Judy Halstead (inflatable Kayak) and Bill and Crystal Paley in tandem inflatable kayak. The air temperature at the put in was 75 degrees and it was sunny. The water level was at 6 ft. which washed out some of the earlier rapids. Things were pretty casual for this part, with paddlers catching a few eddies and Nelson doing most of the surfing. The intensity level picked up as we approached Spruce Mt. rapid, which we knew was long and the most difficult of the trip. This rapid was not washed out! The waves were big and there were some spots that did not look friendly. Fortunately there was adequate space for us to maneuver and enjoy the big waves. They were not crashing and I had so little water in my open canoe that I did not even have

to turn on my bilge pump. It was a great day of play which was made even better by incredible weather and wonderful people to enjoy it with.

### Schroon River — 4/10/2010

Eleven paddlers showed up to paddle the Schroon on April 10. We had canoes, kayaks and a ducky. The river was at a nice level, 5.4 feet, which made it a little more challenging than at summer levels. The day turned out to be warmer than expected and we had a steady breeze at our backs. Since the level was high we decided to start from the dam to make the trip longer. One kayaker successfully ran the fish ladder at the dam.

### Hoosic River — 4/11/2010

Unusually warm weather during the week, had quite a few paddlers calling to join this Sunday trip. However, temperatures abruptly went back to “normal” by the weekend. Several people cancelled as a result. Those who stuck it out, were rewarded with a nice water level and an even nicer day. Though it was windy, it was plenty warm!

We started at the NY/VT State Line

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## Trip tales, cont.

*(Continued from page 7)*

and took out at the gravel beach just downstream of the Route 7 bridge, stopping along the way for lunch. The “wave” was pretty big and made for some tricky surfing! The strong whirlpool currents downstream of it, were enough to dump one paddler into the cold water. In a kayak was Dave R. In solo canoes were Charlie B., Mike B., Mal P. and the leader, Larry Woods.

### Falls on Indian Lake and Stewart Lake Outlets — 4/17/10

Despite cool, wet weather, with some rain and snow showers, we had an enjoyable day in woods, looking for waterfalls on the streams flowing out of Indian and Stewart Lakes in the Shaker Mountain Wild Forest. We found many, including a wonderful series of cascades on the Indian Lake outlet. We also found an oddity – when the Stewart Lake outlet stream descends into the valley north of Otter Lake, it splits, with one part flowing south to Otter Lake and the other flowing north to Pine Lake. To top off the day, we returned by climbing over the two knobs on a small mountain aptly named Camel-hump. This provided good exercise and sharpened our scrambling skills, but unfortunately provided no views. Hikers included Randy Cockrell, Gail Gaskin, Walt Hayes, Dave Loux, Kathy Miles, Nilde Marcinowski and the leader (Norm Kuchar).

### Schenectady Urban Trek — 4/18/10

It wasn't the insults about Schenectady from Stephen Colbert that led to this trip. We started it a few years ago when I had a co-worker who was always making fun of our fair city. One day he gave me a ride home and admitted he'd never been to Schenectady before, but was only repeating things he had heard. He seemed surprised to find our leafy, walkable neighborhood wasn't horrible, but was actually pretty livable and — dare I say? — pleasant. So the Schenectady Urban Trek was born. We start out each year in Central Park



Above, Paul Dean and Linda Veraska descend the “Little Sister” during a May 2 bushwhack. Below, a view down onto Brant Lake.



and do a roughly seven-mile loop through the city. Sure, urban trekking is just walking, but really isn't hiking just walking too? Plus, on these hikes we get to have lunch at a nice cafe downtown. This year we actually ran into some of the cast from “South Pacific,” which was playing at Proctors, while we were having our sandwiches at Ambition. Our group (really more like a mob at 26 people plus a dog

and two strollers) walked by some houses in the GE Plot that have garages bigger than our house. These places were built by General Electric for their executives and top scientists. If you like architecture, it's a great place to visit. We also strolled through the Union College campus, stopping to admire Nott Memorial. After lunch downtown, we hit the Green Market for some dessert and to fill up our

Photos by Herb Terns

## Trip tales, cont.

backpacks with apples and other good stuff to bring home. We looped through the Stockade historic district before heading back uptown via the trails in Vale Park.

Our urban trek is once a year, but in some larger cities, urban hiking is a big-time thing. Urban Hikers Atlanta is a really active group and has some great pictures on their site. Not surprisingly, they are also involved in urban renewal. One member of our group was heading down to NYC to do the Great Saunter in May. It's a 32 mile (that's right, 6 miles longer than a marathon!) one-day walk around Manhattan. Maybe the best part? It finishes at a brewery! Trekkers were: Claire and Teo; Fran Balch; Rose Capurso; Tina Cochrane; Cathy Gilchrist; Connie G; Hans and Marsha Grade; Jeanne Haubrich; Heather Hutchison; Janet Krohn; Ken and Nilde Marcinowski; Gerry Mancini; Margret Parks; Arden Rauch; Gillian Scott; Dave, Jack and Max Tobey; Linda Veraska; Karen and Richard Wang; Rocky the trekking dog; and the leader (Herb Terns).

### Sacandaga River — 4/18/2010

Five paddlers tackled cool and uncertain weather to paddle the Sacandaga from Wells to Hope. The river had been at a very scratchy 2.8 feet on Thursday. Rain on Friday and Saturday brought it up to 3.4 feet, and we hoped that the rise would continue. The river actually leveled off at about 3.4 feet. We had a very successful run, which was more fun after the confluence with the West Branch, the West Branch must have received more of the rainfall. The cool and uncertain weather improved throughout the day until we took off the river in 60 degree sunshine. Kamal Kalafila, Jim Parmelee and Clarke Darlington paddled kayaks, and Ken Perrault and leader Dave Avigdor paddled solo canoes.

### Windham High Peak— 4/22/10

There were only two of us on this trip. We thought there might be some snow at the higher elevations but there wasn't any

### Photos and more online

If you'd like to see more photos and news, go online to our Web site at <http://www.adk-schenectady.org> or go to our Facebook page. If you'd like to share your own trip photos, you can do so at the Facebook site. We'd love to see them!

on the trail. It seemed as if the trail was really dry for April, especially with the amount of snow that fell in the Catskills this winter. We still have high hopes that some people might want to go on hikes during the middle of the week. Co-leaders Walt Addicts and Jay Summerson

### Foxlair Estate Explore — 4/24/2010

We started with the remains of the old tannery which burned about 1890 but foundation walls are still in place and easy to explore. The estate buildings are harder to find. The buildings were burned and foundations filled so although we found lots of rubble building outlines were harder to determine. We did find small stone and mortar structures built into the hillside but were not sure what they were. In the middle of our explore the Hamilton County Historian appeared through the brush. He was on his own explore and we shared findings with each other. After lunch by Kibby Brook we tried to find the barns but only found stones but no foundation walls. We finished the explore by going to the family swimming hole that had been dug out of the bottom of the East Branch of the Sacandaga River. Charles Beach, Angela McCasland, Nilde Marcinowski, Andy Pregent and the leader. (Walt Hayes)

### Battenkill River — 4/25/2010

WHAT A NICE DAY! Four solo canoes and one kayak started from the public access in Arlington, VT. After a short distance, we came to the first good place where we could play around with the cur-

rents and do some easy surfing. Someone in the group noticed a large bird on a nearby tree. It was a bald eagle, and it was clearly watching us! Perhaps waiting for lunch to turn up? This would only be the beginning of many both wild, and more domestic sightings along our journey. The Battenkill Valley supports quite a diverse neighborhood!

We took a relaxing break, before the state line, and then continued to our take-out near Shushan, NY. Even though the local weather forecast called for heavy rain, we did not see a drop all day on the Battenkill!

Thanks to Dave A., Ken R., Ken & Laura P. and Shelly N. for a very pleasant day! Leader: Larry Woods.

### Harvey Mountain — 5/1/10

Harvey Mountain is just south of I-90 on the New York/Massachusetts line. It's not far from home, and is a relatively short hike, so we got a late morning start with plans to eat lunch on the summit. Six of us set off through the early spring woods, with the sun streaming down through the new green foliage. After a few ups and downs, we reached the final climb to a large clearing just below the actual summit. After visiting the real summit and finding the NY/MA border marker, we returned to this clearing for lunch and some views. The day was becoming warmer by the minute, with more than a hint of humidity, and there wasn't a lot of shade to be found here. After an abbreviated lunch stop, we headed back down the way we had come. Tentative plans to also climb nearby Beebe Hill were scrapped because of the heat, the hour, and the overall shortage of additional water. Hikers were Birsan Yazici, Naveed Ishaque, Sedef Ishaque, Bob Hefley, Holly Hawkes, and the leader, Rich Vertigan.

### The Brother Mountains of Brant Lake — 5/2/10

"Shouldn't the brook be on the other side of the road?" That was what someone asked as we walked up Rt. 8 on Sat-

*(Continued on page 10)*

## Trip tales, cont.

*(Continued from page 9)*

urday, looking for Spuytenduviel Brook. Yes, the brook was supposed to be on the other side of the road and I was getting a bit anxious (hiking is supposed to relieve stress, not cause it). We were planning on following the brook for over a mile on our approach to Third Brother, the largest of a string of three “brother” mountains on the north end of Brant Lake. Luckily the brook crossed under the road and went the “right” way for us. We were happy to find a fairly established path along the brook and even happier to find that the brook itself was a beauty. It flowed through several flumes and cascaded over waterfalls. As we reached a small beaver pond with a view toward a place called the Barton High Cliffs, we would have been happy with just that trip. Instead, we began our bushwhack up Third Brother. The climbing didn’t fool around at all and the sun started warming us up quickly. There were some great wildflowers out that gave us a good excuse for stopping to catch our breath. I was sorry my wife Gillian wasn’t along for the flowers but she wouldn’t have appreciated the black flies at all. The summit of Third Brother held quite a view of Second Brother and some distant views of the central Adirondacks and peaks near Lake George. It also



Photos by Herb Terns

Hikers take a break on a bushwhack up Ledge Mountain near Blue Mountain.

showed the steep descent we were going to have to the ridge with Second Brother that was accompanied by some sliding and falling. It was the last good view we had until First Brother although in the winter more views are possible. Our original plan was to break off the ridge and bushwhack back to Rt. 8 through some pretty steep stuff. On the other side of Second Brother we found a fairly strong herd path and decided it would be

easier to follow that to Brant Lake and walk the road back to our car. We were glad we did because the views from First Brother were some of the best of the day. We didn’t mind the mile and a half walk back on Rt. 8, either — it gave us time to think about what flavor ice cream to have at the Stewart’s in Chestertown.

Hikers were: Paul Dean, Cliff Prenwicki, Linda Veraska and the leader (Herb Terns)

## Are you good-looking, rich and smart? That’s okay... neither are we.

We’d still like you to lead trips for the Schenectady Chapter of ADK. If you’re interested, call Herb Terns at 372-8478 or e-mail [trailhed@verizon.net](mailto:trailhed@verizon.net). We will be having a gathering/meeting for current and prospective trip leaders at 6:30 p.m. on Tuesday, June 15 at Pinhead Susan’s in Schenectady. You’ll look better, wealthier and wiser if you’re there.



## Main club activities

For more information or to register for any of the following programs, call (518) 523-3441. For questions about the courses, contact Ryan Doyle, Outdoor Leadership Coordinator, (518) 523-3480 ext. 19 or by e-mail to [workshops@adk.org](mailto:workshops@adk.org). For costs, the first number is the cost to members, the second the cost to non-members.

**June 1-4: American Canoe Association (ACA) Instructor Certification.** This four-day course is designed to help outdoor educators and leaders, outfitters and enthusiasts develop the skills and teaching technique needed to safely lead others by canoe through flat water and moving water. **Cost:** \$375/\$415; includes instruction and certifications.

**Tailless Peak Day Hikes.** Uncomfortable approaching “trailless” high peaks on your own? These one-day courses will introduce you to the nuances of hiking off-trail through a guided trip to the summit(s). **Cost:** \$55/\$60, includes instruction.

**June 4** — Table Top Mt. (elev. 4,427 ft.)

**June 4** — Iroquois Peak (elev. 4,840 ft.)

**June 6** — Esther Mt. (elev. 4,240 ft.)

**June 28** — MacNaughton Mt. (elev. 4,000 ft.)

**July 12** — Table Top Mt. (elev. 4,427 ft.)

**July 19** — Esther Mt. (elev. 4,240 ft.)

**June 16-20 or July 5-9: Leave No Trace Master Educator.** This five-day course is designed for individuals who are actively teaching others backcountry skills or providing recreation information to the public. Through classroom discussions, lectures and a four-day backpacking or canoe trip, this course will cover the seven Leave No Trace principles and discuss wildland ethics, as well as give the participants the tools and techniques for disseminating these low-impact skills to other users of the backcountry. Participants could include a mixture of federal agency partners, educators, outdoor retailers, youth group and outing club leaders, and other individuals. Upon completion of the course, you will be qualified to teach Leave No Trace Trainer courses. **Location:** Heart Lake Program Center. **Cost:** \$629/\$699, includes instruction, curriculum, teaching materials, a subscription to the Leave No Trace Tracker, and a one-year Leave No Trace individual membership. Wednesday night lodging in the loft of the Adirondak Loj, meals (Wednesday lunch through Sunday lunch), group equipment, and transportation during the course are also included.

**June 25-27: Trailless Peak Backpacking: The Santanoni.** This trip is designed for those who have experience hiking and backpacking and who are looking for guided backcountry experience in pursuit of climbing the three 4,000'+ summits of the Santanoni Range. The group will hike into a base camp from which they'll be guided up the “trailless” peaks of Santanoni, Panther, and Couchsachraga. **Cost:** \$160/\$175; includes instruction, meals, and use of group gear.

**June 26: American Canoe Association (ACA) Intro to Canoe.** This one-day course focuses on basic solo and tandem canoe skills. Presentations include dressing to paddle safely and potential paddling hazards. Practice of simple rescues and a basic set of paddling skills prepare students to maneuver safely and comfortably on still water. **Cost:** \$60 ACA member/\$70 non-member/\$100 including ACA membership; includes instruction. ADK members receive a 10 percent discount. Canoe rentals are available with advanced notice.

**June 27: American Canoe Association (ACA) Intro to Kayak.** This one-day course focuses on basic solo kayak skills. Presentations include dressing to paddle safely and potential paddling hazards. Practice of simple rescues and a basic set of paddling skills prepare students to maneuver safely and comfortably on still water. **Cost:** \$60 ACA member/\$70 non-member/\$100 including ACA membership; includes instruction. ADK members receive a 10 percent discount. Kayak rentals are available with advanced notice.

**July 23-25: Intro to Canoe Camping: Raquette River.** Experience life on the water while exploring the pristine Raquette River and camping on its serene shores. This three day, two-night canoe camping course is designed for the outdoor enthusiast who has some experience both canoeing and camping and is seeking to bring these together. Participants will spend the days refining their paddling skills while appreciating the exceptional natural history of the area. In the evenings, we'll practice cooperative low-impact camping and cooking skills. **Cost:** \$160/\$175; includes instruction, meals, and use of group gear.

**July 24: Women's High Peaks Day Hike.** Giant and Rocky Peak Ridge (elev. 4,627 ft and 4,420 ft). During this one-day course, we'll discuss safe low-impact travel and the rich natural and cultural history of the Adirondacks while climbing to the summit. **Cost:** \$55/\$60, includes instruction.

**July 26: Beginner Day Hike: Rooster Comb.** Learn the ropes from a seasoned professional guide. A guided trip to the summit of Rooster Comb (4 miles; elev. 2,762 ft) will provide the foundation of skills and knowledge necessary to fully enjoy your future outings. We'll discuss safe low-impact travel, map reading, equipment, nutrition, and more, including the rich natural history of the Adirondacks. **Cost:** \$50/\$55, includes instruction.

**July 31: Paddling Day Trip: Raquette Falls.** Paddling up the Raquette River to the falls is a classic day trip. The slow moving current is easy to move through, and there are many places to stop and relax, or take a swim from the sandy riverbanks. At the falls, we'll enjoy lunch and some brief exploring, and then begin the gentle “float” back to the take out. There will be some informal instruction on paddling skills, including safe and responsible travel, as well as discussion of the rich natural history of the area. **Cost:** \$60/\$65; includes instruction and equipment use.

## Local news and announcements

### Save the date!

This year's annual chapter dinner and meeting will be held on Tuesday, October 26, at Schenectady County Community College.

Guest speakers will be Russell Dunn and Barbara Delaney, who have published nine books on the outdoors, including guides to waterfalls in the Adirondacks, Catskills, Berkshires, and Hudson and Mohawk valleys, two history hike guides, a regional kayaker's guide and a book on the Great Sacandaga Lake.

Watch for more details in the August-September issue of *The Lookout*.

### Old Lookouts needed for chapter records

In an attempt to build a complete collection of *Lookouts* for the chapter records, in the last *Lookout* we requested that members search their dusty piles of paper for missing issues. This yielded a bonanza, thanks to Winnie Balz, Mary MacDonald and Ken and Nilde Marciniowski. But some issues are still missing.

If you have any of these and would be willing to donate them for the chapter records, or make them available for copying, please contact Norm Kuchar at 399-6243 or [nkuchar@nycap.rr.com](mailto:nkuchar@nycap.rr.com).

The missing bimonthly issues are:

Oct/Nov 1982

Aug/Sep 1983

Dec 1984/Jan 1985 through Aug/Sep 1986

Dec 1999/Jan 2000 through Oct/Nov 2000

Dec 2001/Jan 2002 through Apr/May 2002

### EMS earns award from Parks and Trails NY

The Eastern Mountain Sports store in Mohawk Commons in Niskayuna was recently awarded a New York Greenway and Community Trail Award from Parks and Trails NY.

EMS earned the Corporate Partnership Award for its multiple years of fi-

nancial and employee support of clean up and beautification of the Mohawk-Hudson Bike-Hike Trail in the City of Schenectady. (For information on this year's cleanup, see the Trails Day article on page 1 of this newsletter).

The store will be among award winners honored at a ceremony in Albany in June.

### Local businesses donate for Black Fly Affair

The Schenectady Chapter would like to thank the following businesses for their generous donations to the Black Fly Affair silent auction: Niskayuna EMS, Maria Beurmann at Hawk Resources, Villa Italia, Uncle Sam's Candy, and Freeman's Bridge Wine & Liquor.

It is so heartening to find businesses that care so much about their community and environment, especially in such difficult financial times.

Please help thank them by shopping at their establishments and letting them know that ADKer's appreciate their generosity.

You can find them at:

EMS, Mohawk Commons, Niskayuna  
Freeman's Bridge Wine & Liquor,  
100 Freeman's Bridge Rd, Scotia  
Uncle Sam's Candy,  
[www.unclesamscandy.com](http://www.unclesamscandy.com)  
Hawk Resources,  
[www.hawkresources.com](http://www.hawkresources.com)  
Villa Italia, 226 Broadway,  
Schenectady

### Trail volunteers needed

The Friends of the Mohawk-Hudson Bike-Hike Trail is seeking volunteers to serve as Canalway Trail Ambassadors.

The role of ambassadors is threefold: to assist and inform trail users, offering directions and details about the trail and the surrounding area; to promote courtesy, safety and awareness of the trail as a valuable public resource; and to monitor the trail and the conditions around it.

The trail ambassador program began in 2008 in the town of Niskayuna. Over the past two years, volunteers have

### New members

Margaret and John Anderton  
Elmer Bertsch  
Trish Flaherty  
Peter and Margaret Trolio

logged more than 300 patrols on the bike-hike trail.

For more information or to volunteer, contact Gillian Scott at 372-8478 or e-mail [gvsco07@verizon.net](mailto:gvsco07@verizon.net).

### Ididaride scheduled for Aug. 15

The Ididaride Adirondack Bike Tour will take place this year on Sunday, Aug. 15. The one-day supported bike tour offers a long route (75 miles) and a short route (20 miles), both on roads.

The ride is all on-road, with wide shoulders for much of the route. You'll ride through some of the most beautiful scenery – cutting right through the central Adirondack Mountains, most of which is public Forest Preserve land. We'll cycle through the towns and hamlets of Bakers Mills, Wells, Speculator, Sabael, 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 into North Creek.

Total elevation gain for 75 mile loop = 6,840 ft.

Total elevation gain for 20 mile loop = 1,340 ft.

There are four rest stops with snacks and water provided along the route. SAG wagon and mobile mechanical support provided. Rider packet with map and t-shirt provided at registration.

More than 200 riders took part in last year's Ididaride; 173 rode the 75-mile course and 34 rode the 20-mile course.

To find out more about the ride, go to <http://www.ididaride.org/>.