



# TRAILMARKER

Adirondack Mountain Club

Iroquois Chapter

Est 1972  
July 2015



Loon pair on Fish Pond, St. Regis Canoe Area

*photo by Greg Smith*

The cold days of February are a distant memory as I sweat in the humidity, gathering my thoughts for the current Trailmarker. Roughly twenty individuals enjoyed the juicy hamburgers and hotdogs cooked by Doug Tinkler at the annual picnic in the New Hartford town park. There was plenty of healthy food shared by all. In all my years attending chapter picnics, there was a notable lack of deserts - cake, cookies, pies. I suffered sugar withdrawal. Nonetheless, it was a very pleasant gathering among members who gathered for fellowship.

National Trails Day at Cranberry Lake was a big success in that all the projects were completed by 100 hard working ADK volunteers. The relatively cool day was topped off by a wonderful meal of tasty hamburgers and chicken patties. Besides having time to hike with Bob Hutchins and Kathy Miles on Friday, the highlight for the weekend was meeting many ADK acquaintances from the Onondaga Chapter with whom I have hiked in the past. The Iroquois Chapter

was well represented by volunteer workers Bob Hutchins, Karen, Gail, and Kim Hoffman. All in all, great weather, no bugs, superb company, lots of food, and free camping made for a perfect weekend. Consider volunteering next year.

On a sad note, Bill Lupino had to resign from the trips chair person position due to employment issues. So, should anyone from the chapter like to volunteer for this position, please don't keep me waiting. The programs position is also available. Speaking of programs, I am in the process of looking for speakers. Should you have an idea for a program speaker please contact me so that I can follow through. I promise not to pigeon hole you to fill the position, although I may drop a hint.

In closing, check out the trips portion, and if you have the time and inclination, sign up for one of the trips. Have an enjoyable summer, and I will see you on the trail somewhere.

Paul Sirtoli

# TRAILMARKER Iroquois Chapter

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**Trips** **OPEN**

**Programs** **OPEN**

## Iroquois Chapter Officers Needed!

The following positions are vacant and need to be filled. Please step up and do your part to make our chapter a vital part of ADK!

**Programs** This person shall get speakers or develop programs to be presented at Chapter meetings.

**Trips** This person coordinates trips submitted by members.

## Up Coming Events

### Sunday, August 9, 2015

#### **Ididaride**

North Creek. Riders can choose a 75 mile loop or a 20 mile ride, with an apres'-ride party with food, music, and raffle.

Visit ADK.org for more details and information.

### Tuesday, September 8, 2015

#### **Chapter meeting** at 7:30 PM,

New Hartford Presbyterian Church

Program speaker, Sue Kiesel, Cottonwood Photographs.

Sue will have a slide show presentation about the snowy owl.

### Sept. 25-26, 2015

#### **Ragnar Relay**

Runners wanted, as well as ADK volunteers.

Contact Laurie@adk.org or 518-668-4447 ext. 30 for more details.

### Oct. 2-4, 2015

#### **Fall Outing.**

The 2015 Fall Outing will be based at the Hudson Valley Resort and Spa, in Kerhonksen, NY, and hosted by the Mid Hudson Chapter, October 2-4. Something new this year will be that the traditional Saturday night banquet will also be the ADK President's dinner. For further info please check out the following link: <http://www.adk.org/page.php?pid=502&pname=fall-outing>

## Iroquois Chapter New Members

*We would like to welcome the following new members:*

Thomas Ballard

Corrie Clements

Gene Jarosz

Shirley and Robert Lafave

Doris Manley

Ronald and Ruby Beach

Anthony Degristina

Pam Keida

Malissa Liddy

Sean McDermott

*and welcome back to rejoining members:*

Paul Kidder

Michael Valentine

# BACKTRACKS...

## Little Woodhull and NCT Hike

April 26, 2015

Twelve members of ADK Onondaga and ADK Iroquois set out from North Lake Road trailhead on a fresh spring morning toward Little Woodhull Lake. And all twelve returned from the woods, a 100% return rate.

The mission was to check out part of the North Country National Scenic Trail [NCNST] Adirondack route. This 4600-mile long distance hiking trail enters the Adirondack Park at Stone Dam Lake Trailhead on North Lake Road and crosses the central Adirondacks for 158 miles to Crown Point and the Champlain Lake Bridge. A new trail will be built to connect the Stone Dam and Chub Lake Trail with Little Woodhull Lake on its way past Ice Cave Mt. and Horn Lake to West Canada Lakes Wilderness. The entire trail spans from North Dakota to Vermont and is twice as long as its sister trail the Appalachian Trail. Check out [www.NorthCountryTrail.org](http://www.NorthCountryTrail.org).

It was a beautiful and sunny spring day with fresh air and typical Adirondack ambiance. There were a few icy snow pockets close to the lake but the trail was otherwise dry with only a few wet spots. We encountered some deadfalls but it was easy to negotiate around them. There are trail markers on most of the trail. The deeper we hiked into the woods the more obvious it was that by June when the witch hobble explodes the tread will be difficult to distinguish.

There was still deep snow to punch through around the boggy edge of the lake in spots but we found some large logs to sit on for lunch. At the inlet stream there are the bare remains of an old snowmobile bridge crib. The spring melt water was icy cold but there were enough big rocks to make a good crossing of the inlet stream.

Paul Sirtoli was appointed assistant leader and took three others across the inlet stream and followed the NCNST route to Sand Lake Falls Trail and then out to North Lake. A few markers remain on this section and it will not be difficult to clear it for the NCNST. The NCNST route will cross the Sand Lake Falls Trail and continue to West Canada Wilderness. The rest of the group returned on the trail to the North Lake Road trailhead then drove to North Lake to pick up Paul and crew.

Volunteers from ADK and North Country Trail Association have helped me scout and GPS a route from Stone Dam Lake 158 miles to Crown Point. We have been working with the DEC and hope to at least start flagging sections in Black River Wild Forest this summer as per the UMP approval. If you are interested in this foot trail and its DEC approved path across the Adirondack Park check out: <http://www.dec.ny.gov/outdoor/39658.html>

*Submitted by Mary Coffin*



Little Woodhull Lake

*Photo by Mary Coffin*

## Kellogg, Dutton, Venison Mountains

April 29, 2015

It was a bushwhack triple treat mountain climb on an otherwise gorgeous, spring day. All located off the Northwoods Club Road, northwest of Minerva, these steep, little peaks dominate the landscape over looking the Hudson and Boreas Rivers.

Climbing Kellogg first, we were afforded decent views of the high peak region. All the distant snow capped mountains glistened in the bright morning sun. While bushwhacking toward Dutton Mt., we crossed Bullhead Pond Creek where we happened upon a series of cascading water falls. The sheer volume of water challenged our creek crossing skills, but with due diligence, we all managed to cross safely and continue the trek toward "gunsight lookout" on the northwest shoulder of Dutton Mt. The lookout afforded a splendid westerly view of the Hudson River, the long trestle crossing it, and the sundry hills bordering the roaring river.

After a lengthy linger, we took a circuitous route to our last destination, Venison Mountain. We did not see any deer, but we did locate the protruding large rock knob which juts



Hudson River in background from shoulder of Dutton Mt. Nate Mack, Nancy Buckley (sitting), Kathy Miles and Paul Sirtoli

*photo by Nancy Buckley*

out from the southwest side of the mt., a short distance from the summit. Looking south, our vantage point gave us a different perspective of both the Hudson River and Gore Mt. ski slopes, still covered by snow. Following our treat of cookies and candy, compliments to Nate and Nancy, we hiked to the actual summit of Venison Mt. To our surprise, near the cairn which marks the summit was a small bronze statue of a deer. After stroking it for good fortune, we descended the incredibly steep slope to the car, a half mile away. Despite the round trip distance of 5 plus miles it took us nearly 7.5 hours with 1600 ft. of elevation gain. Perhaps that is why we were so bushed.

*Submitted by Paul Sirtoli*



Moose Mt. blancing rock with Tom Folts on rock. LEFT TO RIGHT: Nancy Buckley, Nate Mack, Kathy Miles and Paul Sirtoli.

*photo by Nancy Buckley*

## **Baldhead and Moose Mountains**

*May 7, 2015*

It was a very warm, therefore long day for Paul Sirtoli, Kathy Miles, Nancy Buckley, Nate Mack, and Tom Folts as we bushwhacked seven plus miles to these massive open ledge peaks south of Crane Mountain in the Wilcox Wild Forest. Beginning off Tucker Road, we immediately began climbing toward the 2870 foot summit of Baldhead. Since there was a rather large hill between us and the summit, we chose to skirt around this obstacle and follow Kidder brook around to the backside of the hill, the source of the brook. There, Tom filtered water for the group as we prepared to make the steep ascent. Almost immediately we encountered open stretches of rock affording us limited views through the leafless forest trees of Hadley and Round Mountains. Punctuated by many rocky outcroppings, with increasingly more

awesome views, we eventually arrived at the mixed conifer summit. There were numerous vantage points on the summit cone lending panoramic views of Crane Mountain, Hadley Mountain, Moose Mountain, and other sundry hills and peaks. With a little searching, we found the balancing rock that makes Baldhead unique. Following lunch, we continued our trek to Moose Mountain (2840 ft.) by dropping over 500 feet to the col separating the peaks, then resuming our steep climb to the very open summit. More spacious and open than Baldhead, we had great views of the snow covered high peaks and all of the aforementioned smaller mountains. Not to be outdone, Moose Mountain has its own large, balancing rock. Unlike the other balancing rock this one could be rocked. We exited via the rocky ledge shoulder of Moose Mountain toward Burnt Mountain, resting now and then to wallow in the scenery. Eventually crossing Twin Brook, we stopped to refill our water bottles and take a break from the heat. We exited the woods by 5 PM, to a spotted car, all exhausted from bushwhacking an elevation gain of 2300 feet. To our pleasant surprise, Nancy treated everyone with her special, yummy homemade oatmeal raisin cookies.

*Submitted by Paul Sirtoli*



From the summit of Sawtooth #3

*photo by Jim Lomonaco*

## **Sawtooth Mt. 3**

*June 10, 2015*

It was a grueling hike with Jim Lomonaco and Poseidon. Two days of rain drenched the trail to Duck Hole, slowing our pace considerably from Upper Works. Creeks were overflowing; the lowlands near lower Preston Pond were completely flooded, drowning the trail and necessitating removal of footwear and pants to wade a few hundred feet to where the trail gained higher elevation. After walking for nearly five hours, we commenced our bushwhack about a mile north of Duck Hole, toward the 3700 plus ft. summit. With-

in 40 minutes from departure, we were facing the swollen Moose Creek Outlet. For the third time this day we removed footwear and pants and waded through the swift and deep creek water which borders the eastern flank of Sawtooth #3.

Unlike many of the other peaks we climbed, we bushwhacked through mostly open conifer forest. There was a small stretch of relatively thick blow down about a half mile from the summit, but it was very manageable. There were several cliffs we needed to negotiate, but luckily we found places in them that allowed for safe climbing. By 5 PM, after 3.5 hours of bushwhacking we had finally arrived at the summit marked by a red ribbon. Rain was now threatening. Following a 20 minute break, we departed arriving at the NP trail by 8:30 in the evening. Despite being somewhat soaked from bushwhacking two hours in the rain, we were delighted to be on the trail as daylight was fading fast. While resting at Duck Hole, the decision is made to push on with headlamps rather than stay overnight at a nearby lean-to, 30 minutes away. It was not cold and walking would keep us warm. For the most part, our rain gear was holding up. Six hours later, 2:30 AM, we arrived at the parking lot. We walked in the rain, and lost plenty of time losing/finding the trail while negotiating around the flooded sections. I finally arrive home in New Hartford by 6:30 AM (departed the prior day at 5:30 AM). Jim and I logged 22 miles of hiking in 18 hours. And we thought that Sawtooth # 1 was tough after 13 hours of hiking to that summit. We have one peak remaining to complete NYS hundred highest mountains, Sawtooth #2, reportedly having magnificent views. Care to join us?

*Submitted by Paul Sirtoli*

## **Erie Canal mtn bike ride**

**June 14, 2015**

After spotting several vehicles, a group of ADK bikers gathered for a leisurely ride from Amsterdam to Canajoharie along the fairly flat canal trail that lies between the NYS thruway and route 5S. The 25 mile trek took approximately four hours, which included a lunch break and tour at the Auriesville Shrine (otherwise known as The shrine of Our Lady of Martyrs) as well as visiting a historical site at one of the many locks along the canal route. Participating were Bobbie Scarpino, Carolyn Eastman, Chuck LaMendola and from the Albany Chapter: Dave Pisaneschi and Rosemary Daley.

*Submitted by Paul Sirtoli*

## **St. Regis and Baker Mts - The Saranac 6**

**June 26, 2015**

On Friday, June 26th, Paul Sirtoli and Chuck LaMendola enjoyed a spectacular Summer hike on two of the Saranac 6 mountains. The views on St. Regis are fantastic but Baker Mt. is obscured by foliage except for a very nice overlook of the village. At the St. Regis summit there is a nice Fire Tower

that is set to be refurbished by next year. The Saranac Lake Village introduced the Saranac Lake 6er program in 2013 which offers both opportunities to climb all six and earn a hikers patch or to climb all six in both winter and spring all in one day to become an Ultra Sixer.

Baker and St. Regis are great hikes for everyone, as they are less aggressive and still offer spectacular views. St. Regis is 2874 feet, Ascent: 1250', Distance R/T: 6.8 miles. Baker is 2340 feet, Ascent: 884', R/T: 1.8 miles. Both can be easily completed in a day.

More information on the Saranac 6 is available online:  
<http://saranaclake6er.com/>

*Submitted by Chuck LaMendola*



LEFT TO RIGHT: Paul Sirtoli, David Pisaneschi, Rosemary Daley, Bobbie Scarpino, and Chuck LaMendola sitting on grass.

*Photo by Carolyn Eastman*



Chuck LaMendola and Paul Sirtoli on the summit of St. Regis Mt.

*Photo by Chuck LaMendola*

## **Tongue Mountain Range**

*July 11, 2015*

Join me to hike the Tongue Mountain Range along the west side of Lake George. We will start from the northern parking area and traverse the range south over Brown Mtn, Five Mile Mtn, French Point Mtn and First Peak and finish at Clay Meadows. Along the way we'll look for views of Prospect Mtn., Montcalm Point, Hulets Landing, Mother Bunch Islands, The Narrows, and more landmarks of Lake George. Plan to bring a good map of the area and a camera if you are so inclined. Total estimated trail distance is 16 plus miles.

Contact Doug Tinkler, phone 315-271-4759.

*July 18, 2015*

### **North Country Trail Team Work Hike**

Join us as we touch up trail on a section of the FLT/NCT. We provide tools. Bring work gloves, lunch and water.

Meeting time: 9:00 am

Distance RT: 3 miles

Leader: Mary and Bill Coffin

maryccoffin@gmail.com or 315-687-3589

*July 19, 2015 (pending confirmation)*

### **Paddle Moss Lake**

We will paddle around Moss Lake just off Big Moose Road and investigate its picturesque outlet. If time we have the option to hike the lake trail. Wear PFD and bring your own canoe/kayak equipment, lunch and water. There is a short 135 yd carry to the put in. Possible supper stop on way home.

Meeting Time: 9:00AM

Paddle Distance: 3- 4 hours

Contact: Mary Coffin 687-3589 maryccoffin@gmail.com  
or Brenda Veilleux 315 463 9103

*July 25, 2015*

### **Norridgewock Trail Work Hike**

Join me in my quest to keep this trail in the Pigeon Lake Wilderness in good condition for hikers. The plan this year is to side cut the section from Oswego Pond north to the beaver pond. Last year this section appeared to need a little TLC. Bring tools, if you have them (loppers, weed-whip, hand saw), work gloves, lunch and water. Call for to arrange to join us.

Kathy Disque: 315 656 3383, kathydisque@yahoo.com

*July 26, 2015*

### **Santanoni Great Camp, bike and hike**

Join me as I mountain bike the five mile gravel road to visit this historic camp. Following our self guided tour, I plan on hiking the trail around Newcomb Lake visiting the lean-tos. The hike is approximately 6 miles. Inclement weather will postpone this trip.

Rating: A

Paul Sirtoli: 737-8353 or psirtoli@hotmail.com

*August 9, 2015*

### **Puffer Pond Kings Flow Loop on the NCNST A'dack Route, Siamese Ponds Wilderness**

Rating (M-S)

Distance RT: 6 miles

Leader: Mary Coffin, maryccoffin@gmail.com

Phone: 315-687-3689 (limit 10)

Description: We will hike a section of the North Country National Scenic Trail route as a loop and visit a traditional leanto on Puffer Pond and including King's Flow and cascading Puffer Pond Brook. Bring lunch and water. Possible supper stop on way home.

*August 15, 2015*

### **Pitchoff Mt. traverse**

The plan is to climb the summit, then hike along the ridgeline. If there is a spotted car, then we will drive back to our starting point, otherwise we will retrace our steps. One way distance about five plus miles or about 9 miles retracing our steps back to the starting point. Rating: A. Poor weather may postpone this trip to Sunday, Aug 16.

Paul Sirtoli: 737-8353 or psirtoli@hotmail.com

*September 26, 2015*

### **NCNST Annual Trail Day: Rock and Long Ponds, Siamese Ponds Wilderness**

We will explore the NCNST Adirondack Route north of Speculator. The trail passes two typical Adirondack lakes with all the ambience one would expect of a National Scenic Trail. This trip is in celebration of NCNST Trail Day. Possible supper stop on way home.

Rating (M)

Distance: RT 5-5 miles

Mary Coffin: 687-3589 maryccoffin@gmail.com

# CONSERVATION CORNER

September 5 to 27, 2015

Dave and Carol White are leading hikes for the **Hudson River Valley Ramble** in September and **Lark in the Park** (and ADK Fall Outing) in October. The following hikes are scheduled:

- 9/05 -Kelly Hollow and Seager Trail waterfalls.
- 9/12 -Blackhead Mt. Loop.
- 9/13 -Burnt Knob & Acra Point.
- 9/19 -Dry Brook Ridge overlooks.
- 9/26 -Windham High Peak traverse.
- 9/27 -Palenville Overlook.

Contact: [ccswhite@juno.com](mailto:ccswhite@juno.com) for details.  
Go to [www.hudsonrivervalleyramble.com](http://www.hudsonrivervalleyramble.com) for other opportunities from NYC to Albany and inland.

## Chapter Outings

Rating	Effort Level	Elevation gain	Miles (round trip)	Time in Hours
A +	Very Strenuous	4000 ft +	10 +	10 +
A	Strenuous	3000 ft +	5 - 10	8 - 10
B +	Mod. Strenuous	2000 ft +	5 - 10	6 - 8
B	Moderate	1000 ft +	8 - 10	5 - 7
C +	Fairly Easy	1000 ft +	5 - 8	4 - 6
C	Easy	under 1000 ft	under 5	under 5

### Newsletter Submissions....

Feel free to submit your stories and photos for inclusion in the Trailmarker. Please use a digital camera for taking photos as the resolution on a camera phone is too low to reproduce well.

**Email:** [vanhattenanderson@gmail.com](mailto:vanhattenanderson@gmail.com)  
**Photos:** use jpeg or tiff format  
**Stories:** send as a .rtf or .doc file or include in an email message.

## 46er Contact List

Gretchen Barfoot [gkbarfoot@earthlink.net](mailto:gkbarfoot@earthlink.net)

*The following are a summary of what was written by Neil Woodworth, Executive Director of ADK, and issued from the Board of Director's meeting on June 27th:*

### All Terrain Vehicle (ATV) legislation

The motor sports industry is actively lobbying for a weight increase for ATV's from 1000 to 1500 pounds. ADK has been insisting that any change in the size/weight of these vehicles be accompanied by tougher laws/penalties for illegal use and trespass on both public and private lands. Measures would include stiffer penalties for illegal use in the Forest Preserve, State Parks with the potential for impoundment and confiscation of the ATV for persistent violators. ADK has succeeded in persuading Albany lawmakers that a more comprehensive regulation of ATV's was necessary before any weight increase was approved.

### Oil Trains and Lake Champlain

ADK is deeply concerned that should a derailment and spillage occur on CP track, which is within a few yards of Lake Champlain for over 80 miles, and also crosses over the Ausable, Saranac, and Bouquet Rivers, the heavy crude would sink and almost be impossible to remove. ADK's campaign has persuaded DEC to change course and said it would do a full environmental review (as opposed to just looking at air quality issues) and especially require Global Partners to provide a workable plan to respond to a derailment and oil spill into water bodies.

### Natural Materials Rule

One of the provisions of the Adirondack State Land Master Plan (APSLMP) is the natural materials rule which requires the use of natural materials in the construction of trail structures like hiker bridges. One of the most prolific types of bridges in the wilderness areas is the cable deck bridge where the load is carried by steel cables holding up the wooden deck walkway. These bridges are cheaper and simpler to build and also easier to repair. ADK has been lobbying the APA staff that cables were anchoring devices for these bridges and thus permissible under the APSLMP. The APA has accepted ADK's interpretation and steel cables will now be allowed for structural support of hiker bridges.

# ADK

ADIRONDACK MOUNTAIN CLUB presents



## 10<sup>th</sup> Anniversary

# ididaride!

## Adirondack Bike Tour — August 9th, 2015

**Registration Deadline July 26**

**www.adk.org • call (800) 395-8080, ext. 42**



Photo ©Carl Heilman II, www.carlheilman.com

**75-mile loop or 20-mile option w/ shuttle • \$75 ADK member / \$85 non-member**  
**• Beautiful Adirondack Scenery • Van support • Après-Ride Party**

*All proceeds will go to ADK education, internship and advocacy programs.*



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For more information go to: <http://www.adk.org/page.php?pid=157&pname=ididaride>